**Abstract**

Cereals are essential for growth and metabolism of all living organisms. Cereals are rich in protein and carbohydrates. The samples are soaked entire seed, seed coat, pulp, soaked water and also in boiled entire seed, seed coat, pulp and boiled water of green gram, Bengal gram, black urad and white urad. The protein content was estimated by Bradford method and carbohydrate content was estimated by Anthrone method. The protein and carbohydrates are rich in boiled seeds than soaked seeds. The result shows the consumption of the boiled pulses is recommended and it is good for health