Millet, rice, and sorghum constitute the basic staple foods for the majority of the Malian population. Millet has traditionally been the most widely consumed, but since 2005 rice has become a popular substitute in urban households. Sorghum is generally more important for rural than urban households. Markets included are indicative of local conditions within their respective regions. Ségou is one of the most important markets for both the country and region because it is located in a very large grain production area. Bamako, the capital and largest urban center in the country, functions as an assembly market. It receives cereals from Koulikoro, Ségou, and Sikasso for consumption and also acts as an assembly market for trade with the northern regions of the country (Kayes and Koulikoro) and Mauritania. Markets in the deficit areas of the country (Timbuktu and Gao) receive their supplies of millet and rice from Mopti, Ségou and Sikasso.