

Uses of Ancient Grains: Amaranth Attributes:

Because of its gluten-free palatability, ease of cooking, and a protein that is particularly well-suited to human nutritional needs, interest in amaranth revived in the 1970s. Amaranth seeds are 13 to 15 percent protein, among the highest for any grain. Amaranth seeds are also high in fiber, calcium, iron, potassium, phosphorus, zinc, and vitamins A and C.



Amaranth Health Benefits

1) Amaranth is gluten-free making it a great choice for people who are celiac or gluten intolerant and an excellent way to boost the nutritional power of gluten-free recipes.

2) Amaranth contains about 13 percent protein, or 26 grams per cup, which is much higher than most other grains. For example, a cup of long-grain white rice has just 13 grams of protein. A high protein concentration enables the body to break down those plant proteins into usable amino acids and proteins, which in turn, are essential for growth and the creation of new cells and tissues. In addition to this, an influx of protein in the diet releases a particular “sated” hormone that suppresses the appetite, helping you remain true to your weight loss goals.

3) Amaranth contains lysine. Most grains like wheat are short on lysine, an amino acid, but not amaranth. This makes amaranth a complete protein, because it contains all the essential amino acids. Lysine protects the integrity and appearance of your hair by increasing your calcium uptake, strengthening hair follicles and preventing male pattern baldness.

4) Amaranth contains calcium, magnesium, potassium, phosphorus, and iron. One cup of uncooked amaranth has 31 percent of the RDA for calcium, 14 percent for vitamin C, and a whopping 82 percent for iron. Calcium is a crucial mineral for preventing demineralization of the bones, extending your “active life” well into your old age, making it a veritable superfood in terms of boosting bone strength and preventing osteoporosis.

5) Amaranth Is Good For Your Heart: Several studies have shown that amaranth could have cholesterol-lowering potential. For example, in 1996 an American study found that the oil found in amaranth could lower total and LDL cholesterol in chickens. Another published in 2003, out of Guelph, showed that amaranth has phytosterols, which have cholesterol-cutting properties. Furthermore, amaranth contains a huge amount of vitamin K, which is a well-known booster for heart health. Finally, the potassium content in amaranth helps to lower blood pressure by dilating the blood vessels and reducing the strain on the cardiovascular system, thereby lowering the chances of developing atherosclerosis. The high content of phytosterols found in amaranth also contribute to a reduction in “bad” cholesterol.

6) Among its other impressive nutritional stats, amaranth is also a source of fiber with 13 grams of dietary fiber per cup (uncooked) compared to just 2 grams for the same amount of long-grain white rice. There are a number of gastrointestinal benefits to this high fiber content such as a smooth digestion and an efficient uptake of minerals. The dietary fiber is also bulky in your stomach and reduces your appetite, lowering your likelihood to snack between meals and pack on those extra pounds.

7) There has been new research revealing that amaranth also contains a certain peptide that can reduce inflammation in the body and prevent the activity of free radicals that can cause healthy cells to mutate into cancerous cells. This lesser-known benefit of amaranth is one of the most exciting new developments in recent amaranth research. This anti-inflammatory molecule can also help to alleviate conditions like arthritis, gout, and other inflammation-

Nutrition Facts

Serving Size 1 cup 246g (246 g)

Amount Per Serving

Calories 251 **Calories from Fat** 33

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0%

Trans Fat

Cholesterol 0%

Sodium 15mg 1%

Total Carbohydrate 46g 15%

Dietary Fiber 5g 21%

Sugars

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 12% • Iron 29%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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