

Uses of Ancient Seeds

Quinoa Attributes:

Quinoa is one of the world's most popular health foods. It is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids. It is also high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.



Quinoa Health Benefits

- 1.) Contains the plant compounds quercetin and kaempferol – Quinoa contains flavonoids, plant antioxidants that have been shown to have all sorts of beneficial effects on health. Two flavonoids that have been particularly well studied are quercetin and kaempferol. These important molecules have been shown to have anti-inflammatory, anti-viral, anti-cancer and anti-depressant effects in animal studies. By including quinoa in your diet, you will significantly increase your total intake of these (and other) important nutrients.
- 2.) Very high in fiber, much higher than most grains - Another important benefit of quinoa is that it is high in fiber. One study that looked at 4 varieties of quinoa found a range of between 10 and 16 grams of fiber, per every 100 grams. This equals 17-27 grams per cup, which is very high, more than twice as high as most grains.
- 3.) Gluten-free and perfect for people with gluten intolerance - A gluten-free diet can be healthy, as long as it is based on foods that are naturally gluten free. Many researchers have been looking at quinoa as a suitable ingredient in gluten-free diets, for people who don't want to give up staples like breads and pasta. Studies have shown that by using quinoa instead of typical gluten-free ingredients like refined tapioca, potato, corn and rice flour, it can dramatically increase the nutrient and antioxidant value of the diet.
- 4.) Very high in protein, with all the essential amino acids - Protein is made out of amino acids. Some of them are termed "essential" because we cannot produce them and need to get them from the diet. Quinoa is one of a select few foods that contains all the essential amino acids. For this reason, it is an excellent source of protein. It has both more and better protein than most grains. With 8 grams of quality protein per cup, quinoa is an excellent plant-based protein source for vegetarians and vegans.
- 5.) Has a low glycemic index, which is good for blood sugar control - The glycemic index is a measure of how quickly foods raise blood sugar levels. It is known that eating foods that are high on the glycemic index can stimulate hunger and contribute to obesity. Such foods have also been linked to many of the chronic, Western diseases that are so common today, like type 2 diabetes and heart disease. Quinoa has a glycemic index of 53, which is considered low.
- 6.) High in important minerals like iron and magnesium - There are many nutrients in the modern diet that people tend to be lacking in. This is particularly true of some minerals, especially magnesium, potassium, zinc and (for women) iron. Interestingly, quinoa is very high in all 4 minerals. It is particularly high in magnesium, with one cup having about 30% of the RDA. Quinoa is also pretty high in oxalates, which reduce the absorption of calcium and can cause problems for certain individuals with recurring kidney stones.
- 7.) Has beneficial effects on metabolic health - Given the high amount of beneficial nutrients, it makes sense that quinoa could lead to improvements in metabolic health.
- 8.) Very high in antioxidants - Quinoa is very high in antioxidants. Antioxidants are substances that neutralize free radicals and are believed to help fight aging and many diseases. One study looked at antioxidants in 10 foods: 5 cereals, 3 pseudo-cereals and 2 legumes. Quinoa had the highest antioxidant content of all 10. Allowing the seeds to sprout seems to increase the antioxidant content even further.
- 9.) May help you lose weight - In order to lose weight, we need to take in fewer calories than we burn. It is known that certain properties of foods can facilitate this process, either by boosting metabolism (increasing calories out) or reducing appetite (lowering calories in). Interestingly, quinoa has several such properties. It is high in protein, which can both increase metabolism and reduce appetite significantly. The high amount of fiber should also help to increase feelings of fullness, making you eat fewer calories overall.

Nutrition Facts

About 10 servings per container
Serving Size: 1/4 Cup (46g)

Amount Per Serving

Calories 170

% Daily Value *

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrates 30g 11%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 2mg 10%

Potassium 259mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Daniel Araujo

10890 SW 83rd Avenue, Miami, FL 33156

Email: daraujo@hangtraders.com

www.hangtraders.com