



Quinoa Information Sheet

Quinoa Background

Quinoa is a grain that was domesticated by Andean civilisations in Chile, Bolivia and Peru over 3,000 years ago. The crop was held sacred and described as the 'mother of all seeds'. Since then the grain has grown in popularity in Europe, the United States and Australia due to its more favourable nutrient composition compared to other cereal grains.



Consumption

After Quinoa is harvested the bitter tasting coating is removed and cooked very much like rice.

Health benefits

Protein - Very high protein content compared to other cereals.

Fibre- A good source of dietary fibre

Minerals - High in magnesium, iron, phosphorus and calcium which can be a beneficial to those who suffer from lactose intolerance.



Gluten free

Quinoa is free from gluten, making it suitable for those with coeliac disease or similar gluten intolerances. It is also easily digested and can be beneficial to those with gastrointestinal issues.