

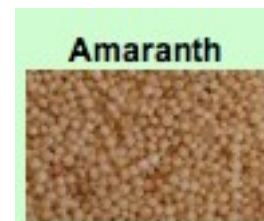
Overview

- ✓ Royal quinoa is **the only vegetable** food source that has high quality proteins; it contains 18 amino acids, which are present in quantities close to the standards established by the FAO as essential for human consumption.
- ✓ Quinoa as a vegetable protein helps growth and development, keeps the warmth and energy of the body, it is easy to digest and it is part of a balanced and complete diet.
- ✓ Its name is the Spanish spelling “Quinoa” of the quechua (the Inca language) name that means "mother of all grains".
- ✓ Because of its nutrient value, quinoa plays an important part in the food and nutritional safety in the fight against poverty, and help reach the goals and development objectives accorded internationally, including the Millennium Development Goals.
- ✓ It is a great source of vegetable and mineral proteins. For people who are lactose intolerant, it is an ideal substitute as a source of calcium and vitamins such as vitamin B complex, C, E, thiamin and riboflavin.
- ✓ Its great nutritional value makes it only comparable to milk, eggs and beans, putting it above all cereals.



Product description & Quinoa Evolution (**FACTS EVERY BUYER SHOULD KNOW**)

- ✓ It is the most complete food source that nature has given human kind, that is why it is known as “The golden grain of the Incas”
- ✓ Quinoa products come in many varieties such as;
 - ORGANIC QUINOA FLOUR
 - ORGANIC QUINOA TOASTED FLOUR
 - ORGANIC QUINOA FLAKES
 - ORGANIC QUINOA PUFFED
 - ORGANIC QUINOA PASTA
 - ORGANIC AMARANTH TOASTED FLOUR
 - ORGANIC AMARANTH FLAKES
 - ENERGY BAR per unit
 - QUINOA RED
 - QUINOA MIX
 - ALL TYPES OF PASTA
 - COOKIES & BARS
 - And few more..



Types of Quinoa

- There are 17 varieties of Quinoa
- Among the types of quinoa, there are two clearly differentiated types : Bitter quinoa (*Royal quinoa*) and Sweet quinoa.
- Royal Quinoa is the most valued and sought-after grain in the markets because of the large size of the grains. It is relatively resistant to frost and drought, which also facilitates its cultivation in such rough climatic conditions as those of the Altiplano.
- Royal quinoa grain contains a high level of saponin that provides it a bitter taste that has to be removed before consumption, elevating the cost

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of its processing. However, this high content of saponin creates a organic kind of grain protection against attacks from pests.

Nutritional Value of Quinoa								
Food Sources	Energy (Kcal)	Protein (gr)	Fat (gr)	Carbohydrate (gr)	Calcium (mg)	Phosphorous (mg)	Iron (mg)	Vitamin A (mg)
Quinoa	374,00	12,46	6,32	66,91	119,30	275,20	5,70	--
Meat	140,00	20,21	6,26	0,82	12,30	189,70	3,70	6,09
Butter	718,00	1,31	76,06	11,51	18,00	24,00	0,30	189,00
Eggs	132,00	13,52	7,50	2,49	74,00	161,00	3,40	134,00
Milk	60,00	60,00	2,86	4,62	195,80	96,60	0,30	15,90
Cheese	365,00	25,16	26,70	6,03	482,41	305,96	0,70	112,70
Sesame	598,00	--	--	--	950,80	591,70	10,00	--
Lentils	357,00	24,06	0,87	63,26	67,00	3,56	3,76	--
Beans	350,00	22,02	1,04	63,11	118,25	254,90	8,85	9,20
Wheat	353,00	12,10	1,59	72,34	55,60	237,30	3,68	--
Amaranth	382,00	13,20	7,00	76,50	249,30	459,00	6,60	--
Cañahua	352,00	14,06	3,88	65,15	128,20	361,00	12,80	--

Quinoa Composition				
Comparison with other cereals				
Energy value	Quinoa	Wheat	Rice	Corn
Kcal / 100	350,00	309,00	353,00	338,00
Protein/100	13,81	11,50	7,40	9,20

Product description & Quinoa Evolution (FACTS EVERY BUYER SHOULD KNOW)

Fat/100 g	5,01	2,00	2,20	3,80
Carbohydrates/100 g	59,74	59,40	74,60	65,20
Water/100 g	12,65	13,20	13,00	12,50

Mineral of the Quinoa

Comparison with other cereals

Energy value mg / 100 g	Quinoa	Wheat	Rice	Corn
Calcium	66,60	43,70	23,00	15,00
Phosphorous	408,30	406,00	3,25	256,00
Magnesium	204,20	147,00	157,00	120,00
Potassium	1040,00	502,00	150,00	330,00
Iron	10,90	3,30	2,60	--
Manganese	2,47	3,40	1,10	0,48
Zinc	7,47	4,10	--	2,50

Product description and Quinoa Plant evolution

❖ Organic white quinoa

- Quinoa is the native Ancestral Andean Crop, highly nutritious, healthy, with adequate protein of a high biological value. It is the food for the future. Quinoa can be cooked like rice for a variety of recipes.
- Quinoa is the only food plant that has all the essential amino acids, trace elements and vitamins and contains no gluten or cholesterol.
- Vegetable source of proteins
- Recommended for vegans, pregnant, breastfeeding women and children.

Product description & Quinoa Evolution (**FACTS EVERY BUYER SHOULD KNOW**)

- ❖ Organic red quinoa
 - Red Quinoa includes all the benefits of white quinoa. Red quinoa is an attractive variety of quinoa with a bright red color.
- ❖ Organic mixed quinoa
 - Organic mixed quinoa is a combination of red, white & black. It provides all the colors and nutrients of the varieties of quinoa with the same nutritious values and high protein. Gluten free with no cholesterol.
- ❖ Organic quinoa flour
 - Organic quinoa flour made with whole quinoa grain, milled to have all the goodness and nutrients of quinoa. Used for baking, making pasta, desserts and others.
- ❖ Organic quinoa toasted flour.
 - Organic quinoa toasted flour made with whole toasted quinoa grain, to provide a tastier flavor. Good for breakfast, dessert, beverages, soup and others.
- ❖ Organic quinoa flake
 - Organic quinoa flakes are rolled whole quinoa grains. This product a digestible meal with high biological value protein, no cholesterol and gluten free. Excellent for breakfast, baking and other uses.
- ❖ Organic quinoa puffed.
 - Organic quinoa puffed are popped whole quinoa grains. Makes a very nutritious breakfast, desserts, bars and others.
- ❖ Organic amaranth flour
 - Organic amaranth flour made with whole amaranth grain, milled to have all the goodness and nutrients of amaranth. Amaranth is an ancient crop

Product description & Quinoa Evolution (FACTS EVERY BUYER SHOULD KNOW)

originated in America, known as a healthy food for its high protein, fiber and phytosterols with a delicious nutty flavor. Recommended for people of all ages, use this flour for baking, pasta, desserts and others.

❖ Organic amaranth flakes

- Organic amaranth flakes are rolled grains made to have all the goodness and nutrients of amaranth. It has the same benefit as amaranth. It is also good for breakfast, dessert, soup, baking and others.

❖ Quinoa energy bars

- Quinoa energy bars, crunchy and chewy made with the native Ancestral Andean Crop, with all the nutrients from Quinoa.
- Good source of protein, no cholesterol and gluten free.

❖ Quinoa cookies (chocolate, fruits & nuts, and other varieties)

Whole quinoa grain combined with delicious and nutritious ingredients make the best snack. Recommended for people of all ages for its high protein and fiber values, it



	Sept	Oct	Nov	Dic	Ene	Feb	Mar	Abr
Phenology	Emergency	2 to 6 - real leaves	Branches - Start -Panicle	Panicle, some flowers	Flowering	Grain - Stage 1	Grain - Stage 2	Maturity

Alternative product description (suggested option)

Our Royal Quinoa products are nutrient packed and the only vegetable food source that has high quality proteins and contains more than 18 amino acids. It has sparked the interest of health professionals all over the world, including weight loss experts promoting high protein diets. No wonder it is offered as a SUPERFOOD! There are many varieties of Quinoa seeds, white, red, black and mixed which are widely used throughout the world. Red, black and mixed are also becoming part of the mainstream markets.

Most people may not be aware, but cooking quinoa only takes about 10-20 minutes, depending on the recipes you choose.

White Quinoa

White Quinoa or lightly golden (pronounced keen-wah) are most commonly used and available in most supermarkets and health stores. These seeds are used in variety of dishes such as salads, soups, burgers and for main courses and deserts. It is extremely easy to cook. Mix 1 part quinoa to 2 parts water for 10-15 minutes. It is great by itself or as a basis for a salad.

Red Quinoa

Organic red quinoa (pronounced keen-wah) was known for increasing the stamina of Inca warriors. Quinoa has a light, fluffy texture when cooked, and its mild, slightly nutty flavor makes it an alternative to rice or couscous. Our Quinoa is 100% organically certified and grown wild and free of any pesticides and chemicals. Non-GMO organic.

Black Quinoa

Organic black quinoa (pronounced keen-wah) was known for increasing the stamina of Inca warriors. Like red & white quinoa, it is a fluffy texture when cooked, and a slightly nutty flavor makes it an alternative to rice or couscous. Our organic quinoa is 100% organically certified and grown wild and free of any pesticides and chemicals. Non-GMO organic

Mixed Quinoa

Similar to white, red and black with exact nutritional value, but makes for a more attractive appearance once cooked.

Quinoa Flakes

Quinoa Flakes can be used for a nutritious hot breakfast cereal, pancakes or waffles, coating for cooking fish or chicken, baking muffins or cookies.

Quinoa flour

Quinoa flour is produced from grain. Used for baking and is a more nutritious replacement to many other flours in the market.

Quinoa puffs

Made from quinoa cereal, conserving the properties of quinoa grain. Great taste and free from

Product description & Quinoa Evolution (**FACTS EVERY BUYER SHOULD KNOW**)

Quinoa Pasta

This product does not include gluten, rich-in proteins, whole fiber, amino acid, minerals , calcium, amigo 3&6 and many more.

AMARANTH

In comparison with quinoa and Kañahua, Amaranth is a cereal that has greater lysine content and offers more calcium. This is a great food for growing children and is gluten free too.

Note:- *Store quinoa and Amaranth products in a sealed zip-locker or glass containers in a cool, dark, dry cabinet. Quinoa will stay fresh for one year if properly stored.*