



QUINOA

NATURALLY GROWN
PREMIUM SEEDS

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What is Quinoa

While quinoa is **usually considered to be a whole grain** (similar to regular white rice, brown rice and other grains such as wheat and barley), it is **actually a pseudo cereal**, but can be prepared like whole grains such as rice or barley.

Quinoa, pronounced 'KEEN-wah' or 'KEE-nuh-wah', is a great gluten-free alternative to energy giving grains. Quinoa is a wonderful Superfood that originates from the Andean region, with its history going back to over 5000 years. Grown in South America (Peru, Chile and Bolivia), quinoa formed the staple diet of the Incas and their descendants.

In recent years, foodies in the UK and the US have heralded it as a superior alternative to bulgur wheat, couscous and rice.

How to Cook Quinoa

Quinoa is very easy to cook! You can prepare quinoa much like the way you would prepare rice.

Cover it with water or vegetable broth and **simmer it over medium heat until soft, about 15 minutes**, giving it a couple quick stirs. Or place 1 part quinoa to 2 parts water in your rice cooker.

How is Quinoa used in recipes

Quinoa is a pseudo cereal; it is a seed that is similar looking to millet but can extend itself beautifully into most cereal based recipes.

Cooked quinoa seeds become fluffy and creamy, yet maintain a slight crunch. It has a delicate and subtly nutty flavour, versatile for breakfast (as a cereal), lunch (as a salad) or dinner (as a side).

QUINOA - A complete protein diet for a toned body

Supersize your nutrition with Superfoods

Recent trends show alarming increase in lifestyle related health disorders due to the current fast paced urban lifestyle. New age diseases such as **Cardiovascular diseases, Diabetes, Obesity, Poor Immunity, Hypertension etc.**, pose a significant health challenge in India.

Along with an active lifestyle, advanced nutrition is important for us to regain and maintain good health. An upgrade in daily food choices that deliver the requires nutrients in a quick and easy way has become essential today in urban India.



Quinoa Recipes

Use quinoa in just about any recipe calling for rice or another whole grain, such as rice salads, couscous recipes or pilaffs. You can keep some **cooked quinoa** on hand to toss into salads.



**Stuffed Aubergine
with Quinoa**



**Healthy
Quinoa Patties**



**Quinoa Stew
with Vegetables**



**Pumpkin salad with
Quinoa, Spinach, Walnuts**

- 1** Add a handful of quinoa to your favourite soup recipe while it's simmering to give it a bit of protein or try it plain with a saucy vegetable stir-fry.
- 2** You can also swap white rice for quinoa alongside any kind of vegetable stir-fry.
- 3** Sprinkle cooked quinoa on salads.
- 4** One of the most popular ways to prepare quinoa is to add some veggies and a dressing to make an easy quinoa salad.
- 5** A new way to make quinoa is just like you would make a fried rice dish - quinoa fried "rice"!
- 6** Quinoa also makes a great hot breakfast cereal, similar to oatmeal. Swap out your usual oatmeal for some quinoa which cook just as quickly.

About SaiYum Foods

SaiYum Superfood Quinoa has been grown in beautiful lush farms of sun kissed South India with the CFTRI agrotechnology. Substitute your daily dose of grains with SaiYum's Quinoa Seeds.

The agrotechnology has been developed to grow the quinoa seeds even in marginal soils of India, thus helping empower farmers. CFTRI has also rendered processing protocols for post-harvest management. The processes followed ensure reduced Saponins and thus reduced bitterness that occurs in Quinoa seeds.

SaiYum Foods is committed to sustainable and natural agriculture practices and to helping Quinoa farmers in India get a global market. Powered with technical support from CFTRI, SaiYum Foods offers Superfoods for all from paediatrics to geriatrics.

Quinoa's high nutritional value makes it useful for children who need nutrition for adequate growth, those training for sports, people who are managing diabetes and those who just want to feel better and lead a healthier life.



Nutritional highlights

The UN FAO named 2013 'International Quinoa Year' in recognition of the crop's high nutrient content.

With more than twice the **protein** content of rice, quinoa is also a very good source of **calcium, magnesium** and **manganese**. It also possesses good levels of **several B vitamins, vitamin E** and **dietary fibre**.

Quinoa is among the **least allergenic** of all the grains, making it a fantastic wheat-free choice. Quinoa is a **gluten-free and cholesterol-free** whole food and is **very healthy for snacking**.

Most of the carbohydrate in Quinoa is made of starch. Quinoa is low in its Glycemic Load. Much unlike rice it **does not spike the blood sugar levels** after being consumed. Quinoa is thus a boon for those who are trying to manage their blood sugar levels.

Quinoa is rich in an amino acid called **Tryptophan** that plays a key role in the synthesis of the neurotransmitter called serotonin, which is **integral for our wellness**. Quinoa is also **gluten free**, thus making it **easier to digest**.

Finally, of all the whole grains, quinoa has the highest protein content, so it's **perfect for vegetarians and vegans**. Quinoa provides **all 9 essential amino acids**, making it a complete protein.

How much do you need?

Grains such as rice or wheat in our daily meal can be replaced with Quinoa.