

Celiac Cucina

Old World Ingredients for Modern Diets

Amaranth From a Greek term meaning “never-fading” describing a plant retaining vibrant colors through drying. This pseudocereal was domesticated in Central and South America around 6000 B.C. One of six pseudocereals considered whole grains and treated as a cereal grain due to similar nutritional content and preparation. Amaranth is a protein powerhouse containing all nine essential amino acids and a peptide, lunasin, believed to have anti-inflammatory and cancer-preventive benefits. Amaranth is considered a low water crop, efficient at fixing carbon in high-temperature and low-moisture environments, allowing it to adapt to a wide range of growing conditions.

¹ [Amaranth History and Origin | Grand Teton Ancient Grains](#)

^{1a} [Amaranth - May Grain of the Month | The Whole Grains Council](#)

Arrow root A native plant to Mexico, Central America, the West Indies, and South America. Evidence suggests this tuber consumed as a food in the upper Cauca River valley of Colombia from 8200 B.C. Arrowroot boasts a higher protein content than other tubers, is rich in folate several B vitamins and in minerals including iron. Powdered Arrow root contains resistant starch, which your body cannot digest. Foods high in fiber and resistant starch slow the rate of digestion, providing a prolonged feeling of fullness.

² [What Is Buckwheat? An Incredible Plant with a Long History](#)

^{2a} [Buckwheat - December Grain of the Month | The Whole Grains Council](#)

Buckwheat A pseudocereal diet contribution for inhabitants in the Tibetan plateau of China dating to 4000 B.C. The seed’s resemblance to that of a beech tree resulted in the Dutch assigned “boekweit,” or beech-wheat. Despite the name, buckwheat is not a type of wheat but a member of the rhubarb family. The whole grain, or groat, form has high levels of resistant starch. Buckwheat is a complete protein, containing all 9 of the essential amino acids. Regular consumption of buckwheat can aid in managing blood sugar levels and improving cardiovascular health due to its low glycemic index and cholesterol-lowering properties.

³ [Arrowroot \(Maranta arundinacea\) · iNaturalist](#)

^{3a} [Arrowroot: Nutrition, Benefits, and Uses](#)

Cassava Also known as manioc, tapioca, yuca, and mandioca. A root crop domesticated along the southwestern border of the Amazon basin as far back as 8,000 B.C. Flour is made from the entire tuber, dried and ground, maintaining the nutrients; polyphenols, vitamin C, calcium, copper, dietary fiber, manganese, phosphorus, vitamin B1, iron, magnesium, potassium, protein, riboflavin, niacin, B6, and folate. Polyphenols, because of their high antioxidant properties, boost the immune system and offer protection against both chronic and acute diseases.

⁴ [The History and Domestication of Cassava](#)

^{4a} [Cassava Nutrients.](#)

Chia Yes, your first thought may be of the green "hair" on a clay figurine, but chia seeds are a healthy addition to the diet. An excellent source of omega-3 fatty acid, dietary fiber, protein, and minerals including iron, calcium, magnesium and zinc. Native to Mexico and Guatemala, the first historical documentation of chia seeds as a food source date to 3500 B.C. In Mayan, "chia" means strength.

⁵ [Chia Seed History and Origin | Grand Teton Ancient Grains](#)

^{5a} [What Are Chia Seeds?](#)

Lentils (red) Artifacts of this legume found on archeological digs on the banks of the Euphrates River date to 8,000 B.C. They are the oldest pulse crop known to man and one of the earliest domesticated crops. The word lentil comes from the Latin for lens. Lentils as a crop thrive when drought is likely, and the soil conditions are unfavorable. Red lentils contain more protein and potassium than most other types of lentils, and much like all other lentils, they're an excellent source of fiber.

⁶ [The History and Origin of Lentils](#)

^{6a} [Red Lentil Nutrition | How They Compare To Other Lentil Varieties](#)

Potato Evidence suggests potatoes consumed as early as 11,000 B.C., and domesticated from wild tubers, in the Andean highlands between what is now Peru and Bolivia. The potato was the major staple food of the Inca Empire. Packed with various vitamins, like thiamine, riboflavin, folate, niacin, and vitamin C, potato is a rich source of potassium, calcium, phosphorus, dietary fiber, and contains some protein, iron, magnesium, and zinc.

⁷ [Domestication of the Potato - Spud Smart](#)

^{7a} [Archaeological Evidence for Domesticating Potatoes](#)

^{7b} [Potato Flour and Potato Starch Benefits: Top Benefits of Potato Flour - Medikonda Nutrients](#)

Sorghum The earliest evidence of wild sorghum consumption is from hunter and gatherer camps in the Sahara dating to roughly 8,000 B.C. Evidence suggest the beginnings of cultivation and domestication in eastern Sudan around 4000 B.C. The starch in sorghum grain is more slowly digested as compared to the other cereals. It is because that the tannin compounds of sorghum bran slow down the hydrolysis of starch and the absorption of glucose into the blood stream. The lipids of sorghum can also lower cholesterol levels. Lower level of cholesterol reduces the risk of stroke, chronic inflammation and type 2 diabetes. (⁷)(^{7a}) (^{7b})

⁸ [Origin, Domestication and Diffusion of Sorghum bicolor - ScienceDirect](#)

^{8a} [Earliest evidence of domesticated sorghum found in Sudan - News - Nature Middle East](#)

^{8b} [Benefits of Sorghum And Its Side Effects | Lybrate](#)