

# QUINOA

PER COOKED CUP:

CALORIES 222

PROTEIN 8G

FAT 4G

CARBS 39G

SODIUM 13MG

FIBRE 5G

QUINOA IS THE SEED FROM THE  
CHENOPODIUM QUINOA PLANT.

IT IS A COMPLETE PROTEIN MEANING THAT IT  
CONTAINS ALL OF THE ESSENTIAL AMINO  
ACIDS THAT OUR BODY REQUIRES.

IT COMES IN MANY DIFFERENT VARIETIES  
WITH ALL HAVING THEIR OWN UNIQUE  
FLAVOUR.

QUINOA MAKES YOU FEEL FULLER AND  
THEREFORE ASSISTS WITH WEIGHT LOSS.

IT ALSO HAS ANTI-INFLAMMATORY AND ANTI-  
OXIDANT PROPERTIES.

PLUS CONTAINS PREBIOTICS ESSENTIAL FOR  
GUT HEALTH.

