



QUINOA

Developed by Healthy Start for Mom & Me and
supported by the Manitoba Government, 2020.



WHAT IS QUINOA?

Question

What is quinoa?

Answer



Pronounced: “**Keen-wah**”

Tiny nutty tasting **seeds**

Belong to the **grain group**

Very **nutritious**; they are a good source of **protein, fibre, minerals and vitamins**



**IS THERE MORE THAN
ONE TYPE OF QUINOA?**

Question

Is there more than one type of quinoa?

Answer

There are three types of quinoa:

Red, black and white



White is the most common type.

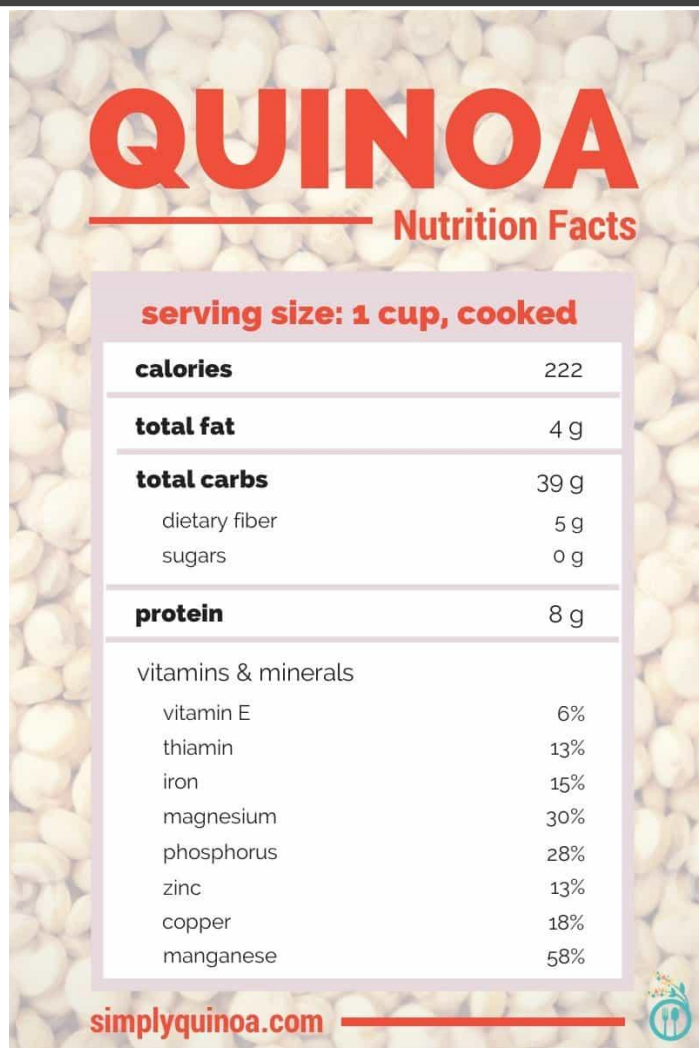


WHAT ARE THE BENEFITS OF EATING QUINOA?

Question

What are the health benefits of eating quinoa?

Answer

A nutrition facts label for quinoa, set against a background of quinoa grains. The word 'QUINOA' is written in large, bold, red letters at the top. Below it, 'Nutrition Facts' is written in smaller red letters. The label is enclosed in a light purple border. The serving size is '1 cup, cooked'. The label lists calories, total fat, total carbs (including dietary fiber and sugars), protein, and a list of vitamins and minerals with their respective percentages.

serving size: 1 cup, cooked	
calories	222
total fat	4 g
total carbs	39 g
dietary fiber	5 g
sugars	0 g
protein	8 g
vitamins & minerals	
vitamin E	6%
thiamin	13%
iron	15%
magnesium	30%
phosphorus	28%
zinc	13%
copper	18%
manganese	58%

simplyquinoa.com

Quinoa:

- Is **high in fibre**
- Is **higher in protein and iron than most other grains**; it provides a complete protein which contains all of the essential amino acids that help build tissues and absorb nutrients
- Has a **low glycemic index**. Meaning that this food sends less sugar to the bloodstream compared to other foods; this is helpful if you have diabetes.
- **Contains flavonoids**. These are the chemicals found in some plants that lower the risk of infections and some forms of cancer.



HOW CAN QUINOA BE PURCHASED?

Question

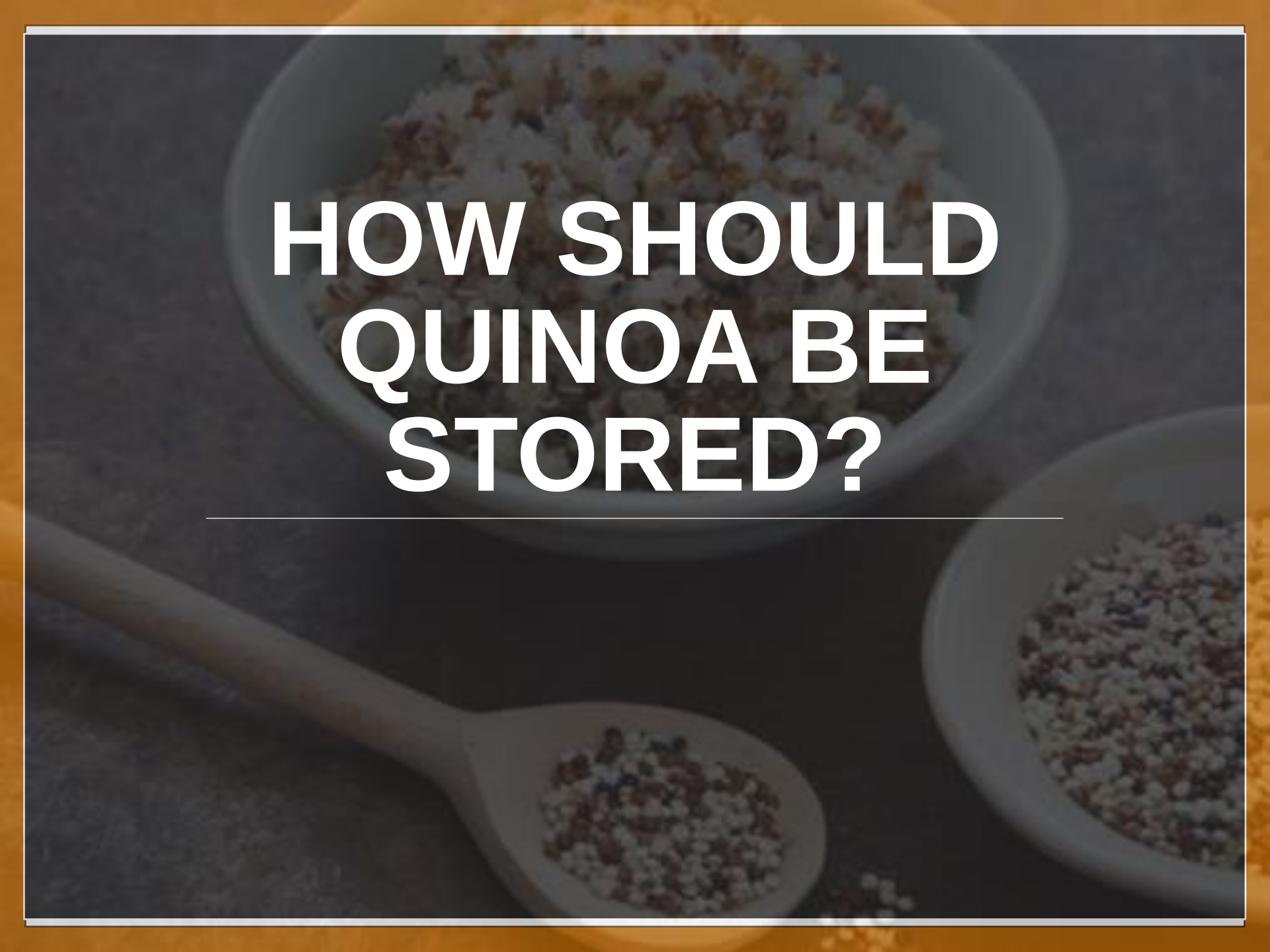
How can quinoa be purchased?

Answer

In grocery stores quinoa can be found in the **bulk section** or the **rice and grains section**.



Quinoa is usually sold as **seeds**, however it can also be bought as **flour** or **flakes**.

The background image shows a top-down view of a light-colored bowl filled with cooked quinoa, which is a mix of white and red grains. In the foreground, a wooden spoon holds a small portion of the same quinoa. To the right, another small white dish also contains quinoa. The entire scene is set against a dark, textured surface, and the image is overlaid with a semi-transparent dark grey filter to make the white text stand out.

HOW SHOULD QUINOA BE STORED?

Question

How should quinoa be stored?

Answer

Uncooked quinoa

Keep it in an airtight container and place in a cool and dry place for up to one year.



Cooked quinoa

Put it in an airtight container and **refrigerate** for up to **5 days**. Or, you can **freeze** it in an airtight container for up to **1 month**.



Preparing quinoa

1

Rinse quinoa under cold running water to remove its bitter flavour.

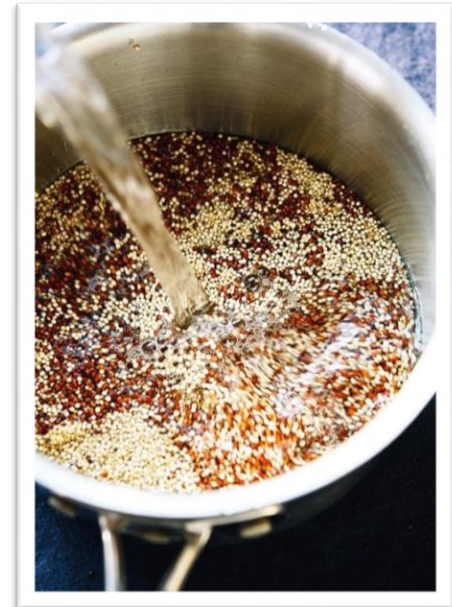


Preparing quinoa

2

In a **pot** or **rice cooker**, add **2 cups of liquid** for **each cup of quinoa**

The liquid can be water, vegetables broth or low sodium chicken broth



1 cup of dry quinoa makes 3 cups cooked

Preparing quinoa

3 If using a pot:

Cook the quinoa over medium heat until it reaches a boil. Then, put a lid on the pot and switch to low heat. Simmer for 10 – 15 minutes.



If using a rice cooker:

Simply turn the rice cooker on, or use the “white rice” setting

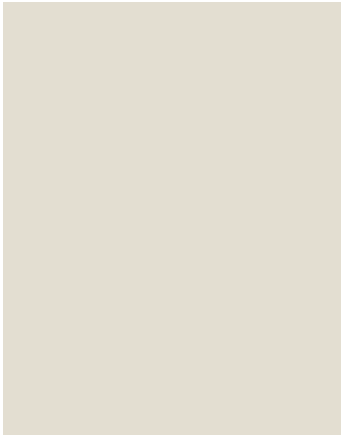
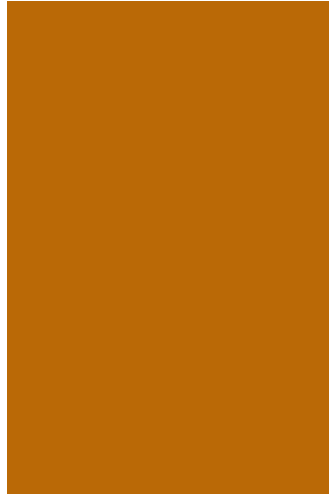


Preparing quinoa

4

Remove the quinoa from heat and let it sit for 5 minutes





**WHAT CAN
YOU MAKE
WITH
QUINOA?**

Question

What can you make with quinoa?

Answer

Quinoa can be:

Used to make
hot cereal
instead of
using oatmeal



Added to a
salad in the
place of
lettuce, or as
well as lettuce



Added to
soups,
salads, tacos,
or **burritos**



Used as a tasty
side dish
instead of rice

