

Not All Grains and Seeds Are Created Equal

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The chart below shows the superior nutritional qualities of amaranth, quinoa, buckwheat and soy. Use of these seeds offers an excellent way to add more fiber, calcium and iron to your diet. Each has a unique taste and offers endless possibilities. All these products are gluten-free. A few people report sensitivities to some of these seeds.

Try adding them into your diet slowly. Add them to breads, mix the seeds and toast them on a cookie sheet. Then grind the mixture into a coarse hot cereal mixture. Toasted the seeds take on a peanut butter like smell and taste. Use them as a side dish, in casseroles, and soups. Use in other dishes in place of rice or pasta.

You can also find premade mixes and products using these healthy seeds. Look for products from Nu-World Amaranth (www.nuworldamaranth.com), Genisoy (www.genisoy.com), The Brickett Mills (www.thebrickettmills.com), and Ancient Harvest Quinoa Corp. (www.quinoa.bigstep.com) produce these seeds. Many other gluten free companies and authors incorporate the seeds in products and recipes. Give them a try.

	Energy (Kcal)	Protein	Fat	Carbohydrates	Total Daily Fiber	Calcium	Iron	Sodium
AMARANTH	374	14.5 g	6.5 g	66.2 g	15.2 g	153 mg	7.6 mg	21 mg
BUCKWHEAT	343	13.3 g	3.4 g	71.5 g	10.0 g	18 mg	2.2 mg	1 mg
CORN, Yellow	365	9.4 g	4.7 g	74.3 g	13.4 g	7 mg	2.7 mg	35 mg
MILLET	378	11 g	4.2 g	72.9 g	8.5 g	8 mg	3.0 mg	5 mg
POTATO FLOUR	357	6.9 g	0.3 g	83.1 g	5.9 g	65 mg	1.4 mg	55 mg
QUINOA	374	13.1 g	5.8 g	68.9 g	5.9 g	60 mg	9.3 mg	21 mg
RICE, Brown Long Grain	370	7.9 g	2.9 g	77.2 g	3.5 g	23 mg	1.5 mg	7 mg
RICE, Enriched White	365	7.1 g	0.7 g	80.0 g	1.3 g	28 mg	4.3 mg	5 mg
SORGHUM	339	11.3 g	3.3 g	74.6 g	6.7 g	28 mg	4.4 mg	6 mg
SOY FLOUR	436	34.5 g	20.7 g	35.2 g	9.6 g	206 mg	6.4 mg	13 mg
WHEAT - Reference for Comparison	339	13.7 g	1.9 g	72.6 g	12.2 g	34 mg	3.9 mg	5 mg

Source: USDA Nutrient Database for Standard Reference, Release 14 (July 2001). Note: If USDA had no data on a nutrient for a specific grain, then that nutrient was not listed in the information. In some cases, supplemental data was used to complete the chart.