

(2020), Quinoa : The Royal Project Journal 25 (4) : 34

Whole grains with high nutritional value Suitable for vegetarians and can be consumed to replace meat protein It has a high protein content of 16-18 percent, making it suitable for people with meat protein allergy. including consumers with lactose intolerance and those with diabetes Contains the essential amino acids a child needs, which are found in breast milk. Contains more calcium than wheat Twice as fiber to help the digestive system. rich in antioxidants and has anti-inflammatory or cell injury agents Nutritionists have praised Quinoa is the 4th most valuable food in the world.

