

# *Chenopodium quinoa* quinoa

Quinoa is a herbaceous plant of the family of Chenopodiaceae that can grow from 0.5 to 3.0 m of high, depending on the genotype and the environmental conditions; and has a straight or branched stem of variable color. The seeds contain the part of the highest nutritional value; they are small granules with diameters between 1.8 and 2.2 mm, color varied: white, coffee, yellow, pink, grey, red and black.



## GEOGRAPHICAL DISTRIBUTION

MAP OF PERU



## STATIONARY AVAILABILITY

The Harvest Calendar, It allows to establish the months in which the largest volume of production is concentrated by region, but this doesn't restrict us to the product is in the market as some of these can be stored.



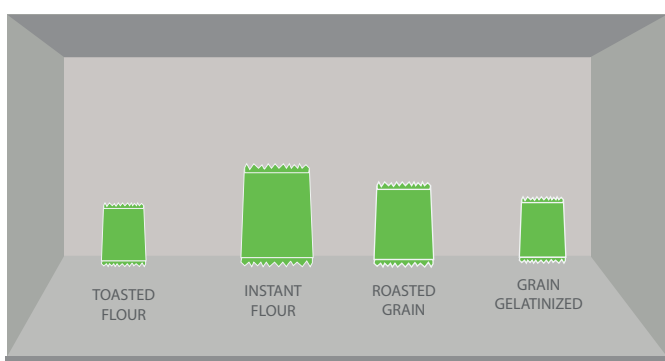
### Productive capacity of GRADERI

- Availability all year.
- Production volumes from 100 TN to 200 tn per month.

## MODES OF USE



## SUBMISSIONS OF GRADERI S.A.C.



## HEALTH BENEFITS

- It's a grain of high nutritional value, it contributes proteins, unsaturated fatty amino acids and minerals
- For its fiber content, more than 6% of their weight, facilitates intestinal transit stimulates the development of beneficial bacteria and helps prevent cancer of colon. It's a natural probiotic.
- It's a gluten-free food, suitable for celiacs.



FAO (2011). La Quinoa: Cultivo milenario para contribuir a la seguridad alimentaria mundial. Oficina Regional para America Latina y el Caribe.