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[www.woahcco.com/healthy-bytes-initiative/](http://www.woahcco.com/healthy-bytes-initiative/)


- Packaged quinoa is ready for use. Quinoa bought in bulk should be rinsed before cooking
- Versatile grain that cooks in just 15 minutes
- High in calcium, potassium and B vitamins for energy metabolism
- and magnesium for blood sugar control and strong bones
- Iron for healthy red blood cells, lysine for growth and repair of tissue,

**Nutrients in Quinoa**

- 222 Calories, 8 grams of protein, 5 grams of fiber, 4 grams of fat and no cholesterol, very low sodium and are gluten free


**One cup of cooked quinoa provides:**

## The Health Benefits of Quinoa



**Quinoa**  
pronounced  
KEEN-wah

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