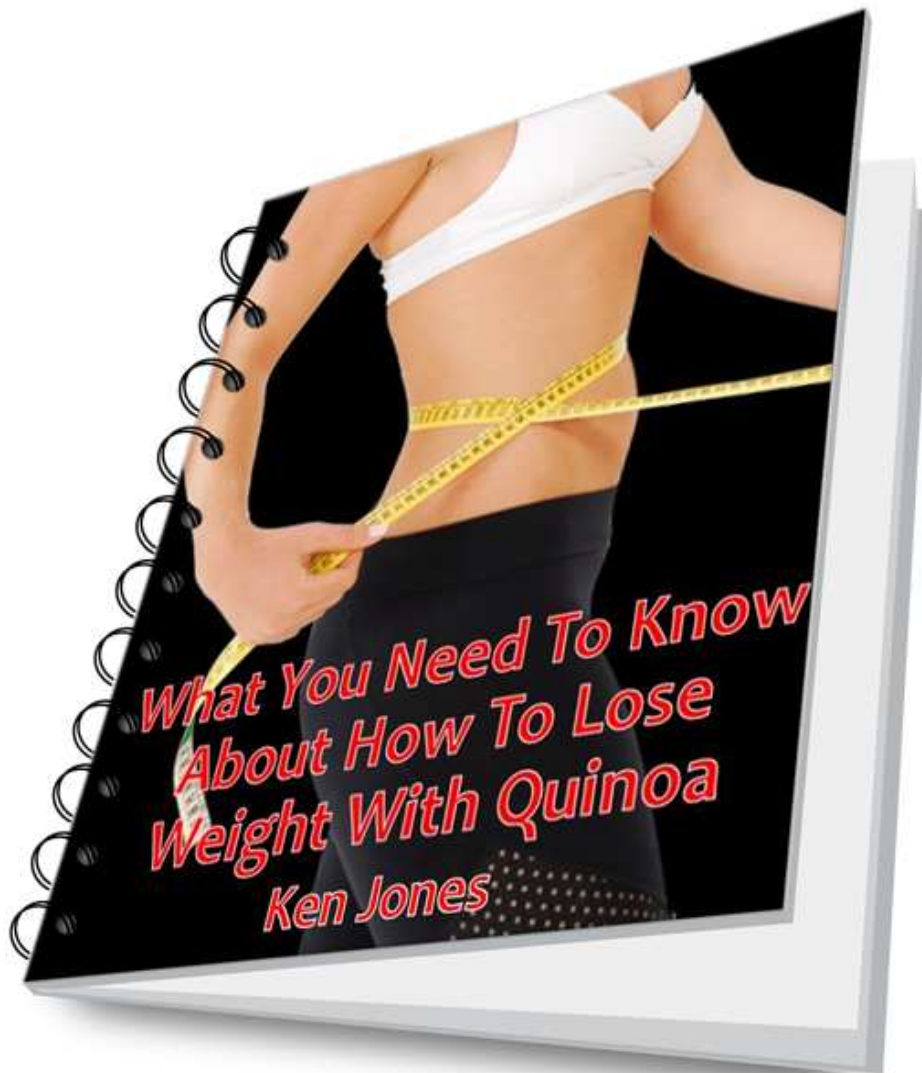




## What You Need To Know About How To Lose Weight With Quinoa





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### **An Introduction to Quinoa**

Quinoa is pronounced "keen-wah". It is a South American plant, an ancient super food that has been rediscovered in recent years. It is a fantastic source of protein and slow releasing carbohydrates suitable for meat lovers and vegetarians alike.

It is a versatile food that can be used in salads, stir fries, soups, stews, casseroles and even desserts.

Quinoa originated in South America and was used by the ancient Incas. It was regarded as a sacred food and valued for its amazing properties. The quinoa we buy is the seed of this plant and is sometimes called the mother grain.

Quinoa is a lot like millet to look at but is flattened with a pointed oval shape. Although not a true cereal grain, it can be treated as a grain in cooking and is usually cooked like rice. It can also be sprouted.

Quinoa is classed as a vegetable protein which is easy to digest. It is brilliant when used as an ingredient in weight loss diets as its slow releasing carbohydrates help to maintain blood sugar levels. This is also a great benefit



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for people who are diabetic. Quinoa is known to be beneficial to both kidney and bladder complaints as it contains all the essential amino acids.

It is a complete protein but much easier to digest than most meat proteins. This makes it an ideal addition to both vegan and vegetarian diets. It offers more iron than other grains and contains high levels of potassium and riboflavin, to say nothing of B vitamins, B6, niacin and thiamine. It is also a good source of zinc, copper and manganese.

Perhaps the best feature is that it is gluten free. People with asthma and allergies usually find that it is non allergenic which is helpful because quinoa is quite filling and substantial. As you cook quinoa the external germ forms a band around each grain and spirals out forming a tail. It is this tail that gives it its own unique texture which seems to complement the delicate flavour of the seed part.

It is often used as a meat substitute in vegetarian dishes and can even be eaten raw when sprouted for salads. It is also wonderful as a thickener in soups.

Quinoa is now recognized in the 21st century as a "super food". Nutritionists are singing the praises of its complete protein profile and the high vitamin count. Quinoa is one of the foods that astronauts eat on long space flights. Nasa has also included it in research into plant to grow in space.

The farmers who produce the grain in South America are getting organized and increasing the growing production through the excellent fair trade scheme. In the UK I think all the quinoa available is "fairtrade".

So collectively we are eating more quinoa which is very good for us. But can you overeat on quinoa? Could it just be a fad and then we will discover that too much quinoa is bad for you. Well I think this is very unlikely for the following 3 reasons.



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### Why Quinoa Will Never Make You Fat

#### Reason 1 - Quinoa is very filling

A standard serving would be 60 - 80 grams uncooked weight. This is plenty and you will find it very satisfying. If you were to double up the portion size I guarantee you would not be able to consume it all. The seeds are a bit like eating porridge in that they take a long time for your system to digest. You are not going to be hungry for a few hours after eating quinoa because of this.

I was in a restaurant on holiday last year and ordered the quinoa meal that was on the menu. I thought it would be interesting to see what the chef served up. I ended up with a huge pile of quinoa in a large bowl which was topped with some vegetables. I could only eat a third of it as it was so filling.

#### Reason 2 - Quinoa is eaten with other healthy foods

When you cook and prepare quinoa it is automatic to use it with other healthy foods. That is the way it works. You would never mix it with sugary sweet foods or fatty meals such as an English fry up. Where would you put quinoa in a fry up?? The foods you mix it with are fresh vegetables and fruit. This makes the best use of its features and benefits.

For breakfast you can serve quinoa with a topping of fruit. For dinner you can make a simple salad combining the quinoa with peppers, celery or your favourite vegetables.

#### Reason 3 - Quinoa is not a fast food

You have to prepare it and put it in recipes to get the best advantage. It does keep for a couple of days in a refrigerator but you would still mix it with other things to eat it. It really is part of a statement about the way you eat and live your life. Eating any grains is going to improve your health and having them as part of your staple diet means that you will not overeat and get fat.

Quinoa can be ready to eat in 10 minutes which is not much longer than a microwave meal but it is a whole lot better for you.



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### More Fantastic Health Benefits of Quinoa

Quinoa has been enjoyed in its home country of South America for over 3000 years. It is still grown mainly in Bolivia and Ecuador although farmers in the southern states of the USA are now growing quinoa as it becomes more and more popular. In the UK it is now available in some of the major supermarkets as well as the larger health food stores.

### What is Quinoa?

Quinoa is often called a grain and is usually catalogued in the grain section of shops. It is actually a seed from a plant that is related to Spinach and Chard. You can eat the leaves as well as the seeds. Of course the leaf version is only available where it is grown as it does not store or travel well. The seed version however is increasing in production and is recognised by nutritionists as one of the most beneficial foods in terms of mineral and vitamin content.

### What is Quinoa Like?

The Quinoa seeds are little oval seeds 2 - 3 mm in size. They are usually creamy yellow although red and black varieties are available in some countries. They come in dry packs of 500g or 1kg ready for you to cook. You can use them as a replacement for rice or cous cous. Having said this it does have its own flavour and characteristics that make it quite versatile in the kitchen.

### How do you cook Quinoa?

The most basic method of cooking quinoa is to boil it in water and simmer for 10 -12 minutes. You need 1 measure of quinoa to 2 measures of water. All the water will be absorbed by the Quinoa. Some quinoa still has a coating of bitter tasting saponins. In this case you need to pre-rinse the quinoa to remove this coating before cooking. You are unlikely to buy coated quinoa as most shops sell it pre-rinsed but its best to be sure.

Once you have cooked the quinoa you can add it as a base for meat dishes instead of rice. You can also include it salads and soups. It takes on the flavour of the foods you cook it with and adds it own little bite to the taste.

When the quinoa is cooked you get a little "tail" that is the germ of the seed. This has a very pleasant crunch to it when you eat it. This is why I think people say it tastes a bit nutty. I'm not sure I agree but quinoa does taste good. You can microwave quinoa and put it in casseroles as a thickening agent. You can also find quinoa flour and quinoa flakes that you can bake with. The flour is not like wheat flour and you need to use your ingenuity to use it properly.



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### What is special about Quinoa?

There are a number of things that make quinoa special. Firstly it is gluten free so for people who need to avoid gluten it is a great addition to their diet. It also has all the essential proteins so is good for supply vegetarians with minerals and vitamins you can't get easily from other foods. Finally it releases its carbohydrates into the body very slowly so helps people with diabetes, Irritable Bowel Syndrome and other dietary related diseases.

### The Benefits of Quinoa as an Alkaline Food

We all know we need to have a balanced diet in these modern times, but fewer of us realise the benefits of alkaline foods as opposed to Acidic foods. Until recently, I didn't know anything about this subject or its importance. Then I came across references to work done on Acid Alkaline by Herman Alihara. This set me searching and I discovered that the balance of Acid and Alkaline is vital to our well being.

There are some quite incredible claims that imbalance can make the difference to our emotional highs and lows as well as our physical health. It brings a whole new meaning to ideas that what we eat or drink affects who we are and who we become...

Apparently, it is to do with the way our bodies process foods and drinks that we have on a day to day basis. They are digested and converted into energy and used by our bodies. Most energies are passed around our bodies by our blood system and this is the important bit. Our blood PH level needs to be slightly alkaline (7.35 to 7.45). If it drops below 7 (which is neutral) then it becomes acidic (low in Oxygen) and we are exposed to symptoms and disease. It makes us more prone to stress and we find it harder to lose weight and stay positive and healthy. Our bodies will do everything they can to maintain a healthy PH level but that can lead to problems as it tries to get rid of the extra Acid as best it can.

Unfortunately, our modern western diet is mostly made up of acid forming foods (proteins, cereals, and sugars) rather than the alkaline range of foods (vegetables, etc). We obviously need protein but we need to balance them with alkaline foods so that we get the best nutritional benefit from them. Interestingly, stimulants like coffee, tea, alcohol and tobacco are very acidic. Even Stress and too little or too much physical activity can add to the acidic problems too.

We really need to look at our day to day intake and try to move more towards alkaline foods and drinks. There is a big move to "home-cooking" but also a



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more practical approach that we consider easier and quicker methods of food preparation. Gone are the days when we had hours if not days to prepare foods for us and our families to consume.

We need to update our methods of cooking, our range of food choices and spend our time economically in the kitchen. Stir fries are very quick and nutritious as are some home made biscuits and cakes. This means looking at the health benefits of foods such as Quinoa which is a grain/seed that is a complete protein, has all the amino acids, has iron, has fibre, and can be cooked in all sorts of ways as seen in [The Quinoa Cookbook](#).

We've had various changes in our working world with improved methods of manufacture and business ideas. Perhaps the next major development needs to be sharing our different ways of cooking wholesome foods. We've had the re-discovery of Vitamins, Fibre, reducing salt, perhaps we should look at food as a friend to use wisely and help ward off many of our modern ailments like depression, stress, diabetes, obesity, etc.

Quinoa is a brilliant food. It is versatile and can be used in soups, salads, to thicken stir-fries, an option to rice, in fact there does not seem to be a limit to this very versatile food. It's origins are the West Andes Mountains of South America, but it is destined for world wide use.

It is like a seed but like a grain too. It is not a grass and so avoids the allergic connections of grass. It is rinsed in water and cooked in a similar way to rice but not for so long. It is quite easy to cook and can be seen demonstrated on youtube. Even the leaves can be used on salads or cooked like spinach.

It has another benefit in that it is an alkaline food. This means that it helps the blood to keep a healthy PH level. This is essential for good health.

The PH level of blood is important as the more alkaline the easier our bodies find it to absorb all the vitamins and nutrients in our food. It also helps the body to function well and avoid illnesses.

Another benefit is that it helps the body to maintain a good weight. It is even a key to loosing weight as if the blood ph level is too acidic (i.e. below 7 and lacking in oxygen) then it struggles to lose weight and control our stress levels. With regard to the sugar levels in the body as it is what is known as a slow release food, which means we don't have the "sugar fix" that some foods have and we maintain a more even energy and stamina level.



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### [Discover More About Quinoa And How To Include It In Your Daily Diet](#)

The Complete Guide To Cooking Quinoa is the leading book on all things about eating quinoa.

Here is the set of guides you will receive.

1. The Complete Guide To Cooking Quinoa – Newly Updated 2010
2. The Seven Day Quinoa Diet
3. Full Meal Plans For Seven Days
4. How To Sprout Quinoa
5. Quinoa Flour & Flakes Recipes

[Discover The Secret Of Cooking & Eating Quinoa For Yourself – Get Your Copy  
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The Guides will be delivered to you by download immediately

To Your Good Health  
Ken Jones

