

A photograph of a wooden bowl filled with green amaranth seeds, set against a background of yellow amaranth seeds. The word "Amaranth" is written in large, white, bold letters across the center of the image.

# Amaranth

## Health Benefits of Amaranth

Amaranth is a small ancient grain, slightly larger than a poppy seed, with a range of antioxidants and phytonutrients that fight disease. Gluten-free with a nutty flavor, it is a good source of protein and dietary fiber.

### **1/2 cup cooked amaranth provides:**

- 126 calories, 5 gm protein, 3 gm fiber, 2 gm fat and no cholesterol

### **Potential benefits of consuming amaranth:**

- A high-quality protein grain, containing all 9 essential amino acids
- Antioxidants and anti-inflammatory compounds reduce risk for heart disease, diabetes, cancer and autoimmune disease
- High fiber stimulates bowels, lowers cholesterol and improves gut health; Low glycemic index is good for those with diabetes
- High manganese helps lower blood sugars and may prevent kidney disease; Also important for healthy bones and immunity
- Provides non-heme iron and vitamin C which assists with iron absorption
- Use amaranth as a morning porridge, in soups, popped in salads, or ground into flour for gluten-free baking

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