

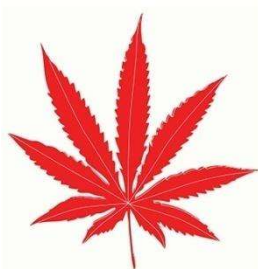


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

QUINOA: A PSEUDO CEREAL WITH RICH NUTRIENT PROFILE AND ITS USAGE AS FUNCTIONAL FOOD

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History:

Received: December 5, 2022
Reviewed: December 13, 2022
Accepted: December 17, 2022
Published: December 20, 2022
Collection year: 2022
Status: Published

Identifiers and Pagination:

Year: 2022
Volume: 7
First Page: 19
Last Page: 20
Publisher Id: AdvFoodNutrSci.7
DOI: <http://dx.doi.org/10.21065/AdvFoodNutrSci.7>

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Citation:

Faiqa Malik. Quinoa: A Pseudo Cereal With Rich Nutrient Profile and Its Usage as Functional Food. Adv Food Nutr Sci. Vol. 7. 2022. p 19-20.

Funding:

The authors received no direct funding for this research.

Abstract

The significance of human health and food security has increased with the advent of changing climate, rapid population expansion, the rise of metabolic abnormalities, and an ageing population. Quinoa (*Chenopodium quinoa*) member of family Amaranthaceae being similar to that of grains, is stress-resistance pseudo cereal that has supplied Andean traditional societies with nourishment, medicine and nutrition for millennia. Quinoa seeds are a source of dietary fibres, carbohydrates, minerals and vitamins, poly-unsaturated fats, and health-promoting phytochemicals that includes phytosterols, saponins, phytoecdysteroids, betalains, glycine betaine and phenolics. Quinoa being a functional food can be added to other foods to enhance their functionality. Several clinical diagnostics demonstrate that quinoa consumption considerably enhances cardiovascular, metabolic and gastrointestinal health in humans. In the past two decades, quinoa has been used to create a variety of culinary and dietary supplement items. The seeds have been ingested similar to that of rice, consumed as soup, popped to formulate breakfast cereal, ground into fine powder to produce baked and toasted products like tortillas, noodles, cookies, flakes, biscuits, breads, and cereal bars. In addition, quinoa sprouts and leaves have been used into salads. The antibacterial characteristics of the bioactive chemicals found in quinoa seeds are vital for food preservation. As a versatile component, quinoa seeds can serve as an intriguing alternative source in human nutrition and in manufacturing of food items to improve the nutritional contents of the diets and contributes to the population's food and nutritional security.

Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

Keywords: food security, functional ingredient, nutrient profile, quinoa, pseudo cereals.

Declaration

The abstract is reviewed and accepted by the Conference Organization Committee of 11th Pak Pharma Healthcare Expo. The presenter was permitted to share his research after final approval of the committee. The scientific research information was presented at 3rd Pakistan Food -Nutrition International Summit 2022 held on December 21-22, 2022 at Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan. Hence, the journal is publishing this abstract on behalf of the aforesaid Conference Organization Committee.



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