

Botanical name: Amaranthus

Cultivated by the Aztecs 8,000 years ago and still a native crop in Peru, the ancient history of amaranth can be traced to Mexico and the Yucatan Peninsula.



At 105% of the daily value per serving, the manganese in amaranth is off the charts yet it contains fewer carbohydrates. Amaranth contains more than three times the amount of calcium and it is also high in magnesium, phosphorus and potassium. Amaranth contains 6 to 10% of oil which is predominantly unsaturated, or around 77% unsaturated fatty acids including linoleic acid that is required for optimum nutrition. Amaranth is also the only grain with documented vitamin C content.

A study on amaranth reported that its seeds also contain important nutritional properties with the ability to help lower hypertension and incidences of cancer. Test results also concluded that amaranth oil could be a functional food product for preventing and treating cardiovascular diseases.