

QUINOA – A POORLY KNOWN PSEUDOCROP WITH COSMIC PROPERTIES

Summary

Quinoa (*Chenopodium quinoa Willd.*) is a poorly known South-American plant which belongs to the group of pseudo-cereals. Cultivated for over 5000 years was not only a primary source of nourishment but also a worshipped plant for Indians. It possess desired nutritional and health-promoting features thanks to high content of proteins and fats, positive amino-acids profile but also presence of vitamins and polyphenols.

For many centuries it has been used as a diet supplement or substitute of traditional, popular diet

components. Because of quinoa's great nutritional properties it even acquired NASA recommendation. Moreover recent study shows that quinoa has potential anti-tumour properties, probably thanks to the phenolic compounds found in the plant tissues.

Thanks to its nutritional value, but also health-promoting features quinoa seems to be a promising source of food supplementation which may become popular in the future.