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Czech J. Food Sci.

**Jancurová M.,
Minarovičová L.,**

Dandár A.:

Quinoa – a review

Czech J. Food Sci., 27 (2009): 71-79

The healthy lifestyle and appropriate nutrition are stressed nowadays. New foodstuffs are still investigated with the aim to improve the diet and conduce to a better health state of the population. Pseudocereals (amaranth, buckwheat, and quinoa) are convenient for this purpose. Their high nutritious and dietary quality meets the demands of the food industry and consumers. Our collective dealt with quinoa, a commodity of Andean, because quinoa is a good source of essential amino acids such as lysine and methionine. Quinoa contains relatively high quantities of vitamins (thiamin, vitamin C) and minerals.

Keywords:

quinoa; essential amino acids; nutrition quality

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