



CATALOG

OF PRODUCTS

About Us

Kiria Peruvian Organic Superfoods was born with the purpose of offering the world the best Andean grains of Peru. We work under an ideology of shared value with rural communities, with which we plan and develop strategies to obtain high quality products that guarantee a healthy diet, the sustainable use of resources, the protection of the environment and respect for fair trade.



White Quinoa

The quinoa originally called *Chenopodium quinoa*, is called set of Wild grains that have been cleaned, washed, scarified, dry and select, resulting in a product suitable for human consumption.

Benefits



Good digestion

It prevents constipation and improves intestinal



Antioxidants

Accelerate skin repair systems and prevent further damage.



Gluten free

Cereal suitable for people with celiac disease or gluten intolerance.

Organoleptic characteristics

- Ingredients: 100% Quinoa.
- Color: White .
- Odor: Characteristic.
- Flavor: Characteristic, tasteless.
- Appearance: Homogeneous.
- Humidity: Maximum 12.5%.
- Diameter: Minimum 85% equal to or greater than 1.4mm.

Microbiological characteristics

- Mesophilic aerobes (CFU / g.): 1,000,000 max.
- Molds (CFU / g.): 10,000 max.
- Coliforms (CFU / g.): 1,000 max.
- Salmonella: Absence in 25 g.

Nutritional Information

| | |
|---------------|----------|
| Energy | 341 kcal |
| Total fat | 5 g |
| Carbohydrates | 61 g |
| Protein | 12 g |

Physicochemical characteristics

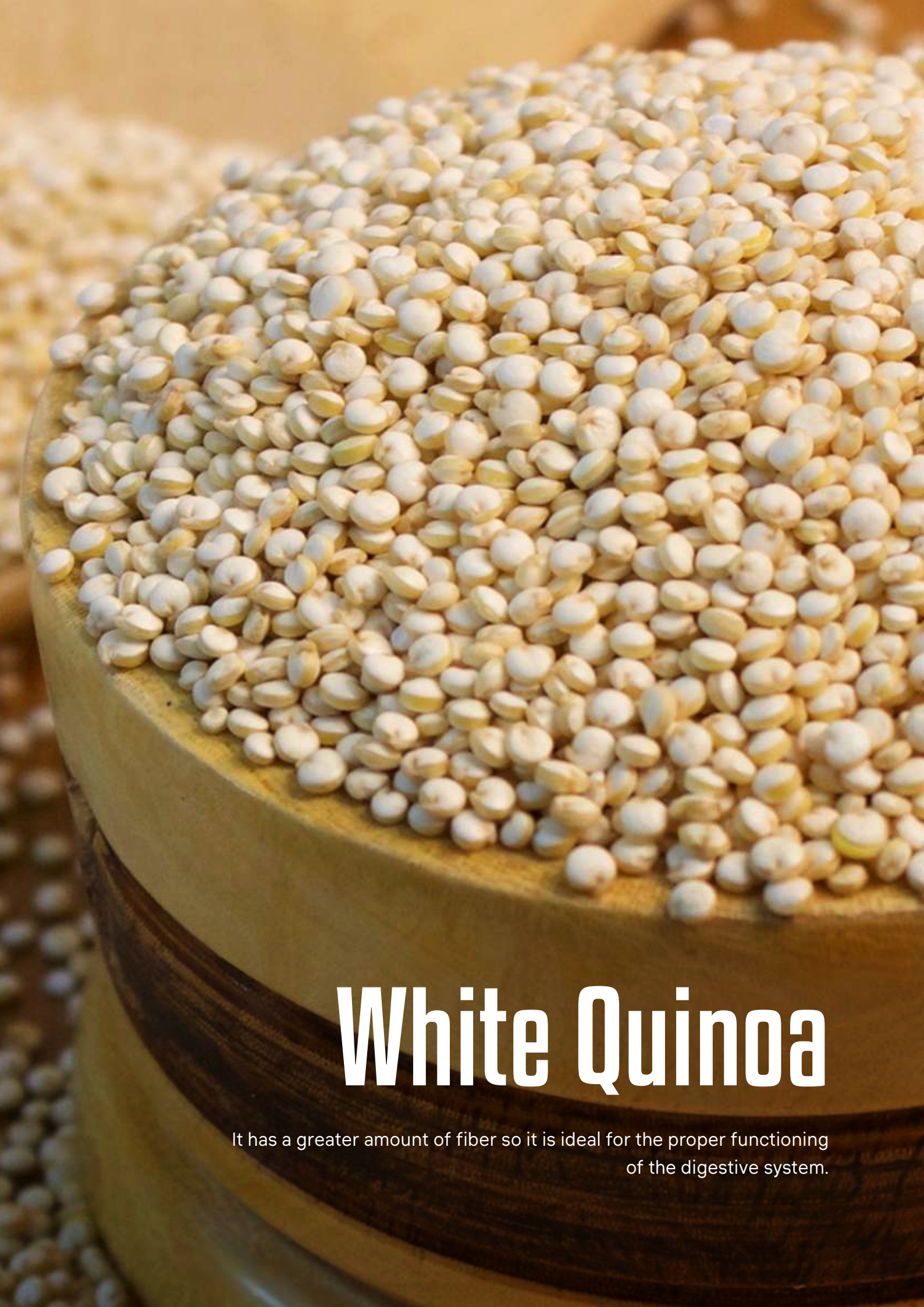
- Purity: Minimum 99.99%.
- Contrasting varieties: Maximum 0.5%.
- Saponins: Absence.
- Broken grains: <1%.
- Damaged grains: <1.5%.
- Sprouted grains: Absence.
- Coated grains: 0.01% max.
- Immature, green beans: 0.01% max.
- Stained grains: Absence.
- Straws: 0.01% max.
- Strange seeds: 0.01% max.
- Organic matter (peel, leaves, flowers): 0.01% max.
- Free of rocks, stones, pebbles, glass, quartz, insects (larvae, pupae, dead, alive), metals, excreta and other inorganic matter.



Available in organic and conventional variety.



Flexibility in size of doypack, bulk, bigbag, etc.



White Quinoa

It has a greater amount of fiber so it is ideal for the proper functioning of the digestive system.



Red Quinoa

It contains less fat and has slightly more protein and riboflavin, which makes it ideal for athletes.

Red Quinoa

Quinoa originally named *Chenopodium quinoa*, is called the set of Wild grains that have been cleaned, washed, scarified, dried and selected, resulting in a product suitable for human consumption.

Benefits



For athletes

Contains high quality protein.



Gluten free

Cereal suitable for people with celiac disease or gluten intolerance.



Energy

Contains carbohydrates, providing energy.



Blood pressure

Contains magnesium, which lowers blood pressure.

Organoleptic characteristics

- Ingredients: 100% Quinoa.
- Color: Red.
- Odor: Characteristic.
- Flavor: Characteristic, tasteless.
- Appearance: Homogeneous.
- Humidity: Maximum 12.5%.
- Diameter: Minimum 85% equal to or greater than 1.4mm.

Microbiological characteristics

- Mesophilic aerobes (CFU / g.): 1,000,000 max.
- Molds (CFU / g.): 10,000 max.
- Coliforms (CFU / g.): 1,000 max.
- Salmonella: Absence in 25 g.

Nutritional Information

| | |
|---------------|----------|
| Energy | 341 kcal |
| Total Fat | 5 g |
| Carbohydrates | 61 g |
| Protein | 12 g |

Physicochemical characteristics

- Purity: Minimum 99.99%.
- Contrasting varieties: Maximum 0.5%.
- Saponins: Absence.
- Broken grains: <1%.
- Damaged grains: <1.5%.
- Sprouted grains: Absence.
- Coated grains: 0.01% max.
- Immature, green beans: 0.01% max.
- Stained grains: Absence.
- Straws: 0.01% max.
- Strange seeds: 0.01% max.
- Organic matter (peel, leaves, flowers): 0.01% max.
- Free of rocks, stones, pebbles, glass, quartz, insects (larvae, pupae, dead, alive), metals, excreta and other inorganic matter.



Available in organic and conventional variety.



Flexibility in size of doypack, bulk, bigbag, etc.

Black Quinoa

Quinoa originally named *Chenopodium quinoa*, is called the set of Wild grains that have been cleaned, washed, scarified, dried and selected, resulting in a product suitable for human consumption.

Benefits



Regulates stress

It acts as a relaxant and relieves stress from day to day.



Anti-inflammatory

Home remedy for its anti-inflammatory properties.



Curative

Reduces the risk of chronic diseases.



Gluten free

Cereal suitable for people with celiac disease or gluten intolerance.

Organoleptic characteristics

- Ingredients: 100% Quinoa.
- Color: Black.
- Odor: Characteristic.
- Flavor: Characteristic, tasteless.
- Appearance: Homogeneous.
- Humidity: Maximum 12.5%.
- Diameter: Minimum 85% equal to or greater than 1.4mm.

Microbiological characteristics

- Mesophilic aerobes (CFU / g.): 1,000,000 max.
- Molds (CFU / g.): 10,000 max.
- Coliforms (CFU / g.): 1,000 max.
- Salmonella: Absence in 25 g.

Nutritional Information

| | |
|---------------|----------|
| Energy | 341 kcal |
| Total Fat | 5 g |
| Carbohydrates | 61 g |
| Protein | 12 g |

Physicochemical characteristics

- Purity: Minimum 99.99%.
- Contrasting varieties: Maximum 0.5%.
- Saponins: Absence.
- Broken grains: <1%.
- Damaged grains: <1.5%.
- Sprouted grains: Absence.
- Coated grains: 0.01% max.
- Immature, green beans: 0.01% max.
- Stained grains: Absence.
- Straws: 0.01% max.
- Strange seeds: 0.01% max.
- Organic matter (peel, leaves, flowers): 0.01% max.
- Free of rocks, stones, pebbles, glass, quartz, insects (larvae, pupae, dead, alive), metals, excreta and other inorganic matter.



Available in organic and conventional variety.



Flexibility in size of doypack, bulk, bigbag, etc.



Black Quinoa

It has lysine which stimulates brain cells, in the same way contains lithium which helps regulate stress.



Tricolor Quinoa

The tricolor quinoa is the combination of white quinoa, red quinoa and black quinoa. All benefits in one.

Tricolor Quinoa

All benefits in one



Regulates stress



Anti-inflammatory



Curative



Blood pressure



Gluten free



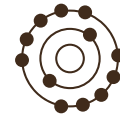
For athletes



Energy



Good digestion



Antioxidants

Organoleptic characteristics

- Ingredients: 100% Quinoa.
- Color: White (60%), red (20%) and black (20%). Availability of other mixtures.
- Odor: Characteristic.
- Flavor: Characteristic, tasteless.
- Appearance: Homogeneous.
- Humidity: Maximum 12.5%.
- Diameter: Minimum 85% equal to or greater than 1.4mm.

Microbiological characteristics

- Mesophilic aerobes (CFU / g.): 1,000,000 max.
- Molds (CFU / g.): 10,000 max.
- Coliforms (CFU / g.): 1,000 max.
- Salmonella: Absence in 25 g.

Nutritional Information

| | |
|---------------|----------|
| Energy | 341 kcal |
| Total Fat | 5 g |
| Carbohydrates | 61 g |
| Protein | 12 g |

Physicochemical characteristics

- Purity: Minimum 99.99%.
- Contrasting varieties: Does not apply.
- Saponins: Absence.
- Broken grains: <1%.
- Damaged grains: <1.5%.
- Sprouted grains: Absence.
- Coated grains: 0.01% max.
- Immature, green beans: 0.01% max.
- Stained grains: Absence.
- Straws: 0.01% max.
- Strange seeds: 0.01% max.
- Organic matter (peel, leaves, flowers): 0.01% max.
- Free of rocks, stones, pebbles, glass, quartz, insects (larvae, pupae, dead, alive), metals, excreta and other inorganic matter.



Available in organic and conventional variety.



Flexibility in size of doypack, bulk, bigbag, etc.



Amaranth

Amaranth is a native cereal of Peru, it grows between 1,000 to 3,200 m.a.s.l. It is characterized by having all the essential amino acids that our body requires, mainly lysine.

It does not contain saponins or alkaloids.

It is a natural product, obtained after exhaustive cleaning, for presentation as grain.

Benefits



Bone structure

It has a high level of calcium.



Good digestion

Helps improve intestinal transit.



Energy

Contains a high level of fiber, a source of energy.



Gluten free

Cereal suitable for people with celiac disease or gluten intolerance.

Organoleptic characteristics

- Color: Characteristic cream.
- Odor: Characteristic.
- Flavor: Characteristic.
- Appearance: Homogeneous, small grain, oval.
- Humidity: maximum 12.5%

Microbiological characteristics

- Mesophilic aerobes (CFU / g.): 300,000 max.
- Molds (CFU / g.): 10,000 max.
- Coliforms (CFU / g.): 1,000 max.
- Salmonella: Absence in 25 g.

Nutritional Information

| | |
|---------------|----------|
| Energy | 371 kcal |
| Total Fat | 7.1 g |
| Carbohydrates | 64.5 g |
| Protein | 13.5 g |

Physicochemical characteristics

- Purity: Minimum 99.99%.
- Contrasting varieties: 0.5%.
- Saponins: Absence.
- Broken grains: <0.5%.
- Sprouted grains: Absence.
- Coated grains: 0.01% max.
- Immature, green beans: 0.01% max.
- Stained grains: Absence.
- Strange seeds: 0.01% max.
- Organic matter (peel, leaves, flowers): 0.01% max.
- Free of rocks, stones, pebbles, glass, quartz, insects (larvae, pupae, dead, alive), metals, excreta and other inorganic matter.



Available in organic and conventional variety.



Flexibility in size of doypack, bulk, bigbag, etc.



Amaranth

Amaranth is a source of essential amino acids and has lysine as one of the main ones. The latter is used in the nutrition of pregnant mothers and children and could help the body to absorb calcium.



Black Chia

Source of fiber, antioxidants, calcium, protein, fatty acids and omega 3 of vegetable origin. Beneficial for people with diabetes, as it regulates blood sugar.

Black Chia

Chia seeds are grown, conditioned and packaged through a controlled process. They are 100% vegetable, gluten free, they are not GMO (Genetically modified organism). The seeds can also be dried and ground into a fine, intensely flavored flour called pinole, which is consumed primarily as a sweet.

Benefits



Gluten free

Cereal suitable for people with celiac disease or gluten intolerance.



Antioxidants

Accelerate skin repair systems and prevent further damage.



Energy

They contain more potassium than bananas and more protein than any vegetable.



Bone structure

It has a high level of calcium

Organoleptic characteristics

- Color: Gray, Black.
- Odor: Characteristic.
- Flavor: Characteristic.
- Appearance: Homogeneous, small grain, oval.
- Humidity: Maximum 10%.

Microbiological characteristics

- Mesophilic aerobes (CFU / g.): 500,000 max.
- Molds (CFU / g.): 10,000 max.
- Coliforms (CFU / g.): 1,000 max.
- Salmonella: Absence in 25 g.

Nutritional Information

| | |
|---------------|----------|
| Energy | 486 kcal |
| Total Fat | 30.7 g |
| Carbohydrates | 42.1 g |
| Protein | 16.5 g |

Physicochemical characteristics

- Purity: Minimum 99.99%.
- Broken grains: <0.5%.
- Sprouted grains: Absence.
- Coated grains: 0.01% max.
- Immature, green beans: 0.01% max.
- Brown seeds: 2%.
- Strange seeds: 0.01% max.
- Organic matter (peel, leaves, flowers): 0.01% max.
- Free of rocks, stones, pebbles, glass, quartz, insects (larvae, pupae, dead, alive), metals, excreta and other inorganic matter.



Available in organic and conventional variety.



Flexibility in size of doypack, bulk, bigbag, etc.

Canihua

Canihua *Chenopodium pallidicaule* is an Andean grain with high nutritional value, it contains a significant amount of lysine, an essential amino acid that the body does not produce. It also contains phenylalanine and tryptophan, other important essential amino acids. Similarly, it contains complex carbohydrates such as starch. It is considered a nutraceutical food due to its good source of protein and its low glycemic index suitable for diabetics, in addition to containing almost in proportions similar to quinoa, minerals such as calcium, phosphorus and iron.

Benefits



Gluten free

Cereal suitable for people with celiac disease or gluten intolerance.



Bone structure

It has a high level of calcium.



Blood pressure

Contains magnesium, which lowers blood pressure.

Organoleptic characteristics

- Color: Red, Brown.
- Odor: Characteristic.
- Flavor: Characteristic.
- Appearance: Homogeneous, small grain.
- Humidity: Maximum 12.5%.

Microbiological characteristics

- Mesophilic aerobes (CFU / g.): 100,000 max.
- Molds (CFU / g.): 10,000 max.
- Salmonella: Absence in 25 g.

Nutritional Information

| | |
|---------------|----------|
| Energy | 160 kcal |
| Total Fat | 8.4 g |
| Carbohydrates | 58.6 g |
| Protein | 15.1 g |

Physicochemical characteristics

- Purity: Minimum 99.99%.
- Broken grains: <0.5%.
- Sprouted grains: Absence.
- Coated grains: 0.01% max.
- Immature, green beans: 0.01% max.
- Strange seeds: 0.01% max.
- Organic matter (peel, leaves, flowers): 0.01% max.
- Free of rocks, stones, pebbles, glass, quartz, insects (larvae, pupae, dead, alive), metals, excreta and other inorganic matter.



Available in organic and conventional variety.



Flexibility in size of doypack, bulk, bigbag, etc.



Canihua

Regulates cholesterol, triglycerides and fights anemia due to high iron content.

Shared Value



The basis of our strategy is creating shared value.

Our sustainability program allows us to learn about the needs, customs and motivations of our producers and their families.

We offer constant support and adequate training in order to guarantee the traceability, safety and quality of the harvested lots and thus access to a fair price that leads to sustainable growth in all of the communities where we work.







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