

QUINOA REAL FOOD FOR THE WORLD



INTEGRA
FOODS



PRODUCER

The historical evidence shows that the people of the Bolivian Altiplanic began to domesticate quinoa between 3,000 and 5,000 years BC.

There is early evidence of their morphology in ceramics of the culture of Tiahuanaco (Bolivia), showing representations of a quinoa plant with several panicles along its stem, which suggests one of the most primitive strains of the plant.

During domestication, the Andean populations certainly selected genotypes according to its utility and tolerance to biological and nonclimatic adverse factors, giving rise to plants and ecotypes of today with their different characteristics.



PRODUCER

The farmers of the region “intersalar” of Bolivia are the proud producers of the most valuable strains, known as Royal quinoa.

The Incas considered the Royal Quinoa as a sacred food, a gift from the gods. They called it "La Chisiya Mama": the mother of grains.

In Bolivia, the Royal quinoa became part of mysticism and culture of the native population.

Until a few years ago, quinoa was sown by hand and exclusively by women, since it is believed that they transmit its fertility to the land. The tools used were small rustic instruments as the “Taquiza, Liukána or Tank’ana” that were used to drill holes and cover the seeds to not create grooves that lead to the unnecessary evaporation of moisture in the soil.



THE PRODUCT

The quinoa was cultivated for the first time 5,000 years ago in the Andes mountains in what is today Bolivia, Ecuador and Peru by its seeds and leaves.

Its genetic variability points that quinoa is a kind oligocentric with widely distributed origin and diversification multiple points. The Andean region has the greatest diversity and genetic variation.

The greatest variety of quinoa can be found in Potosi (Bolivia). There are 3 thousand ecotypes only in Bolivia. There are large and small grains quinoa, some are more suited to make flour and others to cook like grain.



THE PRODUCT

Quinoa is not a grain but a seed, is a species of broadleaf (*chenopodium quinoa*) genetically closest to beet and spinach, functionally posed as a cultivation of grains and therefore is sometimes called a pseudocereal. There are thousands of varieties of quinoa, most of them wild. The most valuable are the strains of ancestral heritage cultivated by Bolivian farmers to thrive in saline soils at high altitude, resisting drought and Frost to provide unparalleled goodness of the Royal quinoa.



GEOGRAPHIC INFO

Real quinoa grows only in the high plains of southern Bolivia near the largest salt flat in the world. The Salar de Uyuni which has a total area of 10,582 km² (4,086 square miles) and Coipasa, which has 806 km² (311 sq mi). The solar radiation in the surroundings is 1,800 mcm / m², almost twice what is considered normal. All this at more than 3,656 meters (11,995 feet) asl.

Thousands of years ago, the area where Quinoa Real grows was a lake and that has changed the quality of the soil to a greater balance of salinity and acidity that is believed to be one of the factors that contribute to the quality of the Quinoa Real grain.



GEOGRAPHIC INFO

Real quinoa adapted to these conditions more than 6,000 years ago. This characteristic is very important because contamination with other grains (eg, grains with gluten) is virtually impossible and there is also no possibility of cross contamination with other crops that require high levels of agricultural intensity (for example, the use of agrochemicals). Other crops simply could not survive the conditions of the territory.



GEOGRAPHIC INFO

Scientists suggest that billions of years ago the Andean Altiplanic was at the bottom of a large ocean. When the mountains emerged, the sea dried up and left behind the historic salt lakes.



CLEANING PROCESS

For consumption, it's necessarily subjected to the process of “desaponificado”, which consists of a series of several beneficiary steps:

- Selection and classification the product.
- Scarifying.
- Vented.
- Washing.
- Dried and selected.



CLEANING PROCESS

From this material, you get a series of other products derived from Royal quinoa such as:

- Pearl Royal quinoa: whole grain suitable for soups, stews, cakes and flour for pastry making breads, cookies and similar, and various other products.
- Royal quinoa roasted, cooking friable, commonly called Phisara and other rustic meals as the Muk ' a, q'ispina, phiri.
- Real quinoa in flakes, laminated instant quinoa obtained from real pearled quinoa.



CLEANING PROCESS

- Quinoa POP, which is achieved by subjecting to a proper humidification and then decompression of grain subjected to high temperatures of cooking in closed Chambers. From this edible product prepares the Royal quinoa “turrón”, energy bars and Granola.
- Quinoa real flour, prepares meals cooked and raw. The cooked presented as cereal to be mix with milk, cocoa and sugar for breakfast; however, raw flours are destined to the elaboration of general bakeries and noodle.

The Royal quinoa is suitable to elaborate a wide variety of products and it has an extensive menu of meals for consumption.



Nutritional Values

Royal quinoa is known for its perfectly balanced content in fiber, carbohydrates and complete plant based protein.

Today royal quinoa is one of the rare plant based foods to be a great source of complete protein which makes it a perfect staple for any vegetarian or vegan pantry. It is an excellent option for people following a high protein diet, and even for athletes.

Nutritional Values

NUTRITIONAL CHART (IN 100 GRAMS OF PRODUCT)						
COMPOUND	QUINOA	CORN	WHEAT	OATS	RYE	BARLEY
Calcium mg	66	150	44	88	54	38
Phosphorus mg	408	256	406	253	323	376
Magnesium mg	204	120	147	0	0	0
Potassium mg	1,04	330	502	0	0	0
Iron mg	11	0	3.3	5.3	5.8	3.7
Manganese mg	2.2	0.5	3.5	0	0	0
Zinc mg	7.5	2.5	4	0	0	0
Protein gr	14	10.5	11.5	8	10.5	9.5
Fiber gr	5	1.7	2.5	8.5	3.5	1.7
Fat gr	5.5	4.5	2	5.5	1	1.6
Carbohydrates gr	60	70	70	62	69	76



Nutritional Values

Royal quinoa contains complex carbohydrates which are digested gradually, making it a food of choice for people following a low carb diet. Gifted with a perfect balance of protein, fiber and complex carbohydrates, royal quinoa is filling and provides lasting energy. It is an effective appetite suppressant.

Royal quinoa provides a grand menu of mineral wealth. Magnesium (boosts metabolism), potassium (supports muscle function), phosphorus (promotes hormonal balance) and zinc (provides antioxidants and strengthens the immune system) — all are present in significant quantities. Compared with a serving of whole wheat, royal quinoa offers almost twice as much bone-building calcium.



Nutritional Values

Royal quinoa contains high levels of phytonutrients (“phyto” from the Greek word for plant) and vitamin E, providing valuable anti-inflammatory properties.

Royal quinoa contains all nine of the amino acids essential to the human system and so represents a complete source of protein. (Amaranth, a quinoa cousin, is about the only other food plant of which this is true.)

Royal quinoa is considered a kosher food, it is even permitted during Passover.



Possible Uses of Quinoa



- Ideal food for human consumption (FAO,OMS).
- Milk and Meat substitute.
- Recommended for coeliacs, diabetics and overweight.
- Cosmetic use.
- "Saponina" for detergent and soaps.




The consumers



- In some sectors certain foods are consumed by tradition.
- New consumers decide to acquire new products based on their level of education and their purchasing power.

**THERE IS A PLACE
WHERE THEY FLY
HIGHER THAN ANYONE ...**





... WHERE THE WORD
COMMUNITY IS A
TERM OF SURVIVAL ...

... WHERE TO SHARE IS IN
GENETICS ...





... WHERE ONE
EAT, CAN ALL EAT!

A landscape photograph showing a vast, dry, and cracked lake bed in the foreground. The ground is a mix of light brown and tan, with a network of dark, irregular cracks forming a mosaic-like pattern. In the middle ground, there is a dark, silhouetted line of trees and low hills. The background features a range of mountains under a sky with dramatic, colorful clouds in shades of orange, yellow, and blue, suggesting a sunset or sunrise. The overall mood is desolate and dramatic.

**A PLACE APPARENTLY
INHOSPITABLE ...**

A landscape photograph showing a coastal scene. In the foreground, there is a dense field of purple amaranth plants. Behind this, a field of bright yellow flowers stretches across the middle ground. In the background, a body of water is visible, with mountains or hills on the far shore under a clear blue sky.


**... WHERE THE MOST
POWERFUL FOOD OF THE
PLANET GROWS ...**

**... THE FOOD THAT IS
CHANGING HABITS TO
THE WHOLE WORLD ...**



The image shows a close-up of the Bolivian flag, which consists of three horizontal stripes of red, yellow, and green. The flag is draped and folded, creating deep shadows and bright highlights that emphasize its texture. The colors are vibrant and saturated.

... THAT PLACE, IT IS BOLIVIA!



**... FOOD IS THE
QUINUA.**



In Summary

¿Why Quinoa should become the Food of the World?

- For its extraordinary nutritional contribution.
- Gluten-free (special for celiacs).
- Low glycemic index (diabetics and overweight).

QUINOA REAL

FROM THE “ALTIPLANO”

FOOD FOR THE WORLD



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