



Inca Organics

Heirloom Grains Grown Organically

“Whole Grains Boost Longevity,” *The Week* 1 Jul. 2016

Eating whole grains like oats, quinoa, and brown rice can help you live longer, new research suggests. A meta-analysis of 14 long-term studies involving nearly 800,000 men and women found the people who ate three or more servings of whole grains (48 grams) each day had a 20 percent lower risk of dying early than those who ate none, *NBCNews.com* reports. Having three servings of whole grains per day was also associated with a 25 percent lower risk of death from heart disease and a 14 percent lower risk of death from cancer than just one daily serving. "There are many biological pathways that would explain why whole grains are beneficial," says study author Qi Sun of Harvard University's School of Public Health. Unlike white or refined grains that have been milled and stripped of their nutrients, whole grains contain the entire grain kernel, which provides fiber, iron, and several B vitamins. Fiber improves cholesterol levels, helps insulin sensitivity, and promotes satiety – the feeling of being full after eating - which reduces the risk for obesity-related health issues and stroke.

Organic quinoa from Inca Organics is 100% whole grain quinoa. It has over twice the dietary fiber and 50% more iron than quinoa supplied from Bolivia and Peru. We never polish but wash only to remove the bitter saponins while retaining the entire grain kernel.

Nutrition Facts

Serving size ¼ cup uncooked (45g)

Percent daily values are based on a 2,000-calorie diet.

	Inca Organics 100% Whole Grain Organic Quinoa	Quinoa Royal Polished
Fat	3g	3g
Total Carbohydrates	28g	30g
Dietary Fiber	6.5g	3g
Net Carbohydrates	21.5g	27g
Protein	6g	5g
Vitamin A	4%	0%
Calcium	2%	0%
Phosphorus	23%	15%
Iron	15%	10%