

Amaranth offers a balance of nutrients.

One 100 g (1/2 cup) serving of amaranth provides:

28% RDA protein

*10% RDA lipids (76%
monounsaturated)*

22% RDA carbohydrates

60% RDA dietary fiber

18% RDA calcium

55% RDA iron

0% RDA sodium

Amaranth also contains significant levels of niacin, magnesium and zinc as well as an array of other important vitamins and minerals including thiamin, phosphorus, potassium, and folate. Amaranth offers Omega 3 and 6 fatty acids as well as phytosterols.

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We offer a variety of organic, gluten-free amaranth-based foods under our brand name Nu-World Foods...where taste and nutrition come together!



Current products include:

- Amaranth Cereal Snaps
 - Original
 - Cinnamon
 - Cocoa
- Puffed Amaranth Cereal
- Amaranth Berry Delicious Hot Cereal
- Amaranth Snackers
 - Garden Burst
 - French Onion
 - Chili-Lime
 - Bar BQ—Sweet & Sassy
 - Bar BQ—Hot & Spicy
- Amaranth Bread Crumbs
- Toasted Amaranth Bran Flour
- Amaranth Flour
- Puffed Amaranth

Nu-World Amaranth Inc. premier provider of amaranth and amaranth-based products.

AMARANTH ANCIENT FOOD WITH A FUTURE



IN HEALTHY DIETS

GLUTEN-FREE
(For Autism and Celiac)
DIABETIC
BLOOD TYPE
HEART HEALTHY
HEALTH CONSCIOUS
VEGETARIAN & VEGAN

AMARANTH WONDER FOOD OF THE AZTECS

Amaranth has a rich and colorful past. This beautiful, multi-headed plant was highly regarded by the Aztecs. It was fed to their runners and warriors because they felt it gave them great strength and endurance. Thus they called it the wonder food.

POWERFUL FOOD FOR TODAY

Today, research supports what the ancients knew. Amaranth is a power-house of a food.

Higher levels of DIETARY FIBER, CALCIUM and IRON than most cereal grains.

Comes closer to a perfect BALANCE OF AMINO ACIDS for human nutrition than other grain-like foods

One of the HIGHEST SOURCES of BALANCED VEGETABLE PROTEIN

GLUTEN-FREE

GOOD, WHOLESOME FLAVOR

AMARANTH IS VERSATILE, NUTRITIOUS, DELICIOUS AND WORKS WELL IN SPECIAL DIETS AS WELL AS IN OVERALL HEALTHY EATING PLANS.

AMARANTH COMPARED TO GRAIN-LIKE FOODS BASED ON 100 grams

	Energy Kcal	Protein	Lipids	Carbo-hydrate	Total Dietary Fiber	Calcium	Iron	Sodium
RDA	2000	50.00 g	65.00 g	300.0 g	25.00 g	1000.0mg	18.0 mg	2400.00 mg
AMARANTH	374	14.45 g	6.51g**	66.17 g	15.20 g	182.0 mg	9.82 mg	21.00 mg
Buckwheat	343	13.25 g	3.40 g	71.50 g	10.00 g	18.0 mg	2.20 mg	1.00 mg
Corn, Yellow	365	9.42 g	4.74 g	74.26 g	13.40 g	7.0 mg	2.71 mg	35.00 mg
Millet	378	11.00 g	4.20 g	72.90 g	8.50 g	8.0 mg	3.00 mg	5.00mg
Oats	389	16.89 g	6.90 g	66.27 g	10.60 g	54.0 mg	4.72 mg	2.00 mg
Potato Flour	357	6.90 g	0.34 g	83.08 g	5.90 g	65.0 mg	1.38 mg	55.00 mg
Quinoa	374	13.10 g	5.80 g	68.90 g	5.90 g	60.0 mg	9.25 mg	21.00 mg
Rice, Brown	370	7.94 g	2.92 g	77.24 g	3.50 g	23.0 mg	1.47 mg	7.00 mg
Rice, White	365	7.13 g	0.66 g	79.95 g	1.30 g	28.0 mg	4.31 mg	5.00 mg
Rye	335	14.76 g	2.50 g	69.76 g	14.6 g	33.0 mg	2.67 mg	6.00 mg
Sorghum	339	11.3 g	3.30 g	74.63 g	6.70 g	28.0 mg	4.40 mg	6.00 mg
Soy Flour	436	34.54 g	20.65 g	35.20 g	9.60 g	206.0 mg	6.37 mg	13.00 mg
Wheat	364	10.33 g	0.98 g	76.31 g	2.7 g	15.0 mg	4.64 mg	2.00 mg

These grains have varying weights per cup measure. 100 grams of Amaranth is roughly one-half a cup, whereas 100 grams of soy is one and a quarter cups.

** 76 % monounsaturated fats

Sources: U.S. Department of Agriculture, Agricultural Research Service. 2001. USDA Nutrient Database for Standard Reference, Release 14. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>. Case, Shelley. *Gluten Free Diet*. Regina, Canada: Centax Books, 2001, and Nu-World Amaranth, Inc. Analytical Analysis.