

## What are the health benefits of amaranth?

The amazing thing about amaranth is how it compares nutritionally to other grains: far more iron, **calcium**, **protein**, manganese, fiber, and other phytonutrients than wheat or rice. Amaranth is one of the most **protein**-rich of any plant-based food, rivaling that of animal-based foods like cheese.

## Health Benefits of Amaranth

Some of the most unique health benefits of amaranth include its ability to stimulate growth and repair, reduce inflammation, prevent certain chronic diseases, boost bone strength, lower blood pressure, improve the immune system, reduce the appearance of [varicose veins](#), maintain healthy [hair](#), and ease [weight loss](#) efforts.

**Protein Content:** This is definitely the most well known aspect of amaranth that makes it such a valuable food source for so many cultures. A high protein concentration means that the body can break those plant [proteins](#) down into usable amino acids and be reformed into usable proteins. Protein [is essential for growth](#) and the creation of new cells and tissues, as well as for more immediate energy needs and metabolic functionality. Amaranth contains a higher protein concentration than almost any other grain on the market. Even more impressively, even the leaves of the amaranth contain beneficial proteins!

**Antioxidant Activity:** Most people pay attention to amaranth because of its high protein content, making it a crucial nutrient source for certain cultures, but there has been new research revealing that amaranth also contains a certain peptide that has also been identified in [soybeans](#) that can [reduce inflammation in the body](#) and even prevent the activity of free radicals that can cause healthy cells to mutate into cancerous cells. This lesser-known benefit of amaranth is one of the most exciting new developments in recent amaranth research. This anti-inflammatory molecule can also help to alleviate conditions like [arthritis](#), [gout](#), and other inflammation-related issues.

**Bone Development:** Amaranth leaves contain a wide range of minerals, including a high concentration of [calcium](#). There are very few leafy vegetables that contain [higher levels](#) of calcium, making amaranth a veritable superfood in terms of boosting bone strength and preventing [osteoporosis](#). Calcium is a crucial mineral for preventing demineralization of the bones, extending your “active life” well into your old age.

**Digestive Health:** There are a number of gastrointestinal benefits to eating amaranth, including its high fiber content, which results in smooth digestion of food and facilitates an efficient uptake of minerals. However, amaranth is also a gluten-free substance, which means that for the millions of people suffering from Celiac's disease or gluten intolerance, amaranth provides a viable alternative as a grain source.

**Cardiovascular Health:** The dietary fiber mentioned above also helps to balance cholesterol in the body by eliminating "bad" cholesterol from the cardiovascular system. Furthermore, amaranth contains a huge amount of vitamin K, which is a well known booster for heart health. Finally, the potassium content in amaranth helps to lower blood pressure by dilating the blood vessels and reducing the strain on the cardiovascular system, thereby lowering the chances of developing atherosclerosis. The high content of phytosterols found in amaranth also contribute to a reduction in "bad" cholesterol.

**Varicose Veins:** While this condition may not affect everyone, varicose veins can be unsightly and embarrassing as we age. Amaranth contains numerous flavonoids, including rutin, which has been directly connected to eliminating varicose veins by strengthening capillary walls. This is also aided by amaranth's high concentration of vitamin C, an integral component in the production of collagen, which also helps repair and strengthen blood vessel walls.

**Vision Health:** The significant level of carotenoids and vitamin A found in amaranth leaves is a major boost for eye health, as these antioxidants can prevent macular degeneration and slow/stop the development of cataracts. By lowering oxidative stress in the ocular system, amaranth can help keep your vision healthy and strong for years to come.

**Birth Defects:** Folate is often overlooked in terms of essential minerals, but it is particularly important for pregnant mothers. Folate deficiency can result in neural tube defects in newborns, so add some amaranth grains or leaves to your diet and protect your newest little addition to the family!

**Weight Loss:** Considering that an influx of protein in the diet releases a particular "sated" hormone that suppresses the appetite, eating amaranth grains and leaves can help you remain true to your weight loss goals. The dietary fiber is also bulky in your stomach and reduces your appetite, lowering your likelihood to snack between meals and pack on those extra pounds.

# Health Benefits of Amaranth

Organic Facts  
www.organicfacts.net

## Nutrients\*

Protein 5%  
Fat 1%  
Carbohydrate 1%  
Calories 1%

## Vitamins\*

Vitamin K 1425%  
Vitamin C 72%  
Vitamin A 58%  
Folate 21%

## Minerals\*

Manganese 44%  
Calcium 22%  
Potassium 17%  
Magnesium 14%



- Aids in weight management
- Useful in maintaining healthy digestive system
- Aids in repairing & strengthening of blood vessel walls
- Helps in strengthening of bones & maintaining bone density
- Prevents macular degeneration & development of cataracts
- Beneficial for growth & creation of new cells & tissues in body
- Intake during pregnancy reduces risk of birth defects in babies
- Helps to improve cardiovascular health & prevents heart ailments
- Gives relief from arthritis, gout & other inflammation related issues
- Helps in strengthening follicles & preventing male pattern baldness

Caution: Avoid intake if suffering from kidney stones or gallstones

\*% Daily Value per 100g. For e.g. 100g of amaranth leaves (raw) provide 72% of daily requirement of vitamin C.

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