



## Freekeh

“**Freekeh** with a ton of nutritional benefits. It's pronounced as free-kah. And, in short, it's wheat.”

Freekeh (sometimes called farik) is wheat that's harvested while young and green. It's roasted over an open fire, then the straw and chaff are burned and rubbed off. The grain on the inside is too young and moist to burn, so what you're left with is a firm, slightly chewy grain with a distinct flavor that's earthy, nutty, and slightly smoky.

Freekeh is low in fat and high in protein and fiber. Freekeh is also lower on the glycemic index (wholegrain freekeh GI = 43), making it a great choice for people managing diabetes or those just trying to keep their blood sugar steady. Power-packed grain (Freekeh) is high in iron, calcium, and zinc, and acts like a prebiotic, promoting the growth of good bacteria in your digestive system.

Freekeh contains gluten as it's a wheat product.

Freekeh is so easy and versatile to incorporate into your diet, and it works well in both savory and sweet dishes. Use it anywhere you'd use whole grains, like quinoa, brown rice, farro, bulgur, or wheat berries.

## Kaniwa

(Pronounced Ka-nyi-wa). Also known as “Baby Quinoa”



Like quinoa, kaniwa is often described as a grain, but it is actually a seed that is cooked and consumed like a grain. It is closely related to the highly popular quinoa, but does not contain a bitter saponin coating, a compound that requires rinsing before being cooked and eaten.

Kaniwa seeds are reddish-brown in color and are significantly smaller than quinoa, with a mild, nutty and slightly sweet flavor. Just like quinoa, there are many ways to incorporate it into meals.

## Nutrition Facts of Kaniwa :

- Kaniwa is exceptionally high in flavonoids! Flavonoids may help prevent cardiovascular disease, inhibit the growth of bacteria and viruses, and reduce the risk of certain inflammatory diseases.
- Kaniwa is an excellent source of high-quality protein. It contains all the essential amino acids, making it a complete protein.
- Kaniwa is a good source of iron, calcium, zinc and B vitamins. That means it is good for the bones, immune and nervous system!

## Quinoa – A Superfood

**It** is actually a chenopod, like beets or spinach, and therefore not a true cereal, or grain.

Quinoa is grown primarily for its edible seeds, which provide an important source of high-quality protein – barley, maize and rice have less than half the protein of quinoa. The United Nations has declared 2013 the International Year of Quinoa.

**This super-versatile grain-like seed grows in a rainbow of colors, from white to black to red to green and many colors in between.**



### White Quinoa

The most common color of quinoa (pronounced KEEN-WAH) is white.

White quinoa is actually a bit more tan than white, so sometimes it's called tan quinoa, ivory quinoa, golden quinoa, yellow quinoa, blond quinoa, or just quinoa.

Of all the quinoa colors, white quinoa has the most delicate taste and the lightest texture and it cooks up a bit fluffier than other types of quinoa.

### Red Quinoa

Red quinoa (which takes on a brownish hue when cooked) has a richer taste, slightly chewier texture, and somewhat nuttier flavor compared to white quinoa. It's often the quinoa of choice for cold salads as it holds its shape better during cooking.

### Black Quinoa

Black quinoa has more of an earthy flavor than white quinoa and is ever so slightly sweeter.

### Purple Quinoa

Purple quinoa is very similar to red quinoa

### Orange Quinoa

Orange quinoa is a slightly milder version of red quinoa.

## **Wine A Bit You'll Feel Better**

*"Wine is the most healthful & most hygienic of beverages."*

*- Louis Pasteur*

Wine is an undistilled alcoholic beverage with an alcoholic content ranging between 5-13%. Grape has been the principal fruit employed in the preparation of a variety of wines. Nevertheless, other fruits have also been made into wine such as apple, known for cider, pear for Perry, plum for table and fortified wines.

### **Wine is perhaps the oldest fermented product known to mankind.**

The fruits used in wine making are fermented using yeast and aged in the wood barrels to improve the taste and quality. A typical wine contains ethyl alcohol, sugar, acids, higher alcohols, tannins, aldehydes esters, amino acids, minerals, vitamins, anthocyanins & flavouring compounds. Being fruit based, fermented and undistilled, wines contain most of the nutrients present in the original fruit juice.

Historically, wine has been used as an antiseptic, a painkiller, and an aid to treat dermatological conditions and digestive disorders. Presently, the therapeutic values of wines are gaining a lot of attention. Ethanol is the main ingredient of wine contributed by alcoholic fermentation of juice. The researchers have shown that moderate ethanol intake from any type of beverage improves lipoprotein metabolism and lower cardiovascular mortality risk by preventing clotting as it helps in thinning of blood thus prevents strokes.

Wine also effects on lipid homeostasis, it increases the high density lipoprotein (HDL) cholesterol, which is important for ridding the body of excess cholesterol and decreases LDL cholesterol levels, which is due to high fat diet. Thus, maintains good HDL /LDL ratio. Thus, it is said to have wine with a meal because it lows cholesterol to be cleared before it is deposited in undesired locations in the body.

Advancement in the social, educational and economical status of the consumers has led to the shift from other alcoholic beverages to wine due to the numerous health benefits wine offers, especially red wine.

### **DIFFERENT FIELDS OF WINE WHICH NEED TO BE EXPLORED BY THE WINE INDUSTRIES SUCH AS :-**

- Alcopops
- Zero percent alcohol wines
- Health wines
- Medicinal / Herbal wines
- vermouth



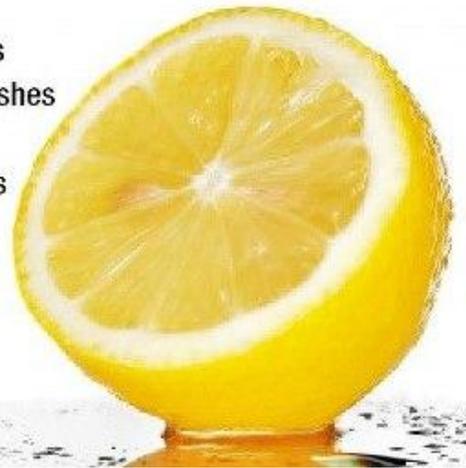
# Fast Facts



## HEALTH BENEFITS OF DRINKING LEMON WATER

Lemon is a natural energizer; it hydrates and oxygenates the body so it feels revitalized and refreshed!

- Boosts your immune system
- Balances pH
- Flush out unwanted materials
- Decrease wrinkles and blemishes
- Relieve tooth pain
- Relieves respiratory problems
- Cures Throat Infections
- Excellent for Weight Loss
- Reduces Fever
- Blood purifier



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