UNIVERSIDAD NACIONAL DE COLOMBIA
INSTITUTO DE CIENCIA Y TECNOLOGÍA DE ALIMENTOS - ICTA

UPCT

UNIVERSIDAD CENTRAL CARACAS - VENEZUELA

Quinoa pasta influences some biochemical markers in consumers

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Quinoa

Andean grain

- Very important for pre-Columbian andean indigenous diets

Potential

- Adaptable to diverse environmental conditions
- High quality protein, bioactive compounds such as poliunsaturated fatty acids, vitamins, minerals and flavonoids

Quinoa pasta

- Parcial sustitution :
  Semolina-quinoa 70:30
- Good sensory consumers aceptation
- Better nutritional quality compared to market pasta 100% semolina

Intervention population
- 10 invididuals
- 26-50 years
- Healty
- Informed consented

Quinoa pasta intake
- 70g portion (50g carbohidrates)
- 3 times a week (no other pasta)

Measurements
- Anthropometric
- Dietary assessment
- Lipid markers of inflammation and thrombosis

Highlights
- Quinoa pasta consume did not affect biochemical markers: total cholesterol, HDL and LDL cholesterol, triglycerides, glucose, uric acid, creatinine and insulin, in the metabolically healthy population.
- According to these results, quinoa pasta can be used in special diet regimes.