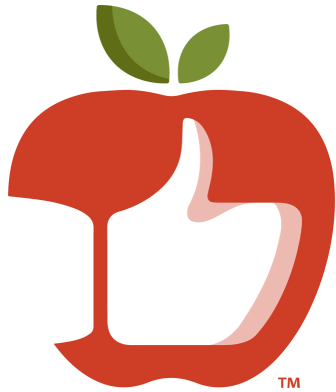


Quinoa

CREATE
HEALTHY CHOICES



- 1 cup of cooked quinoa has 8 grams of protein.
- Rich in insoluble fiber to help prevent constipation.
- High levels of iron, zinc, and vitamins.
- Add quinoa to a yogurt parfait, egg dishes, granola bars, salads, breads, and soups.
- Quinoa can replace other grains in most recipes.

CREATE SNAP-ED
BETTER HEALTH

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