



Get Fit. **Life Tip.**
Quinoa

Quinoa (pronounced KEEN-wah) is an amino acid-rich (protein) seed that can be a quick and easy addition to your diet. Quinoa is often categorized as a grain, but it is actually a seed from the same family as spinach and other leafy green vegetables. The versatile carbohydrate has the taste and texture of brown rice combined with oatmeal; fluffy, creamy and crunchy. You can eat quinoa as porridge (w/ nuts and fruit) for breakfast, a quick salad with peppers and fish for lunch and a stir-fry with veggies and chicken for dinner. The nutritional value of quinoa is similar to brown rice except for the slightly higher protein content in quinoa (4.5 grams of protein) and contains all nine essential amino acids, is gluten-free and is cholesterol free; try substituting quinoa for brown rice in your next meal. Cooking quinoa is just as easy with a ratio of 1 part quinoa to 2 parts liquid, it takes about 15 mins for one cup to cook (its ready when its translucent and the white germ has partially detached itself).

Top 4 reasons to eat quinoa

1. Complete source of protein (nine essential amino acids) – especially good for vegans and vegetarians
2. Cardiovascular health – high in magnesium
3. Boosts antioxidant levels – high in manganese and copper which help promote a healthy immune system
4. Reduces risk of gallstones – rich in fiber keeps the digestive system running smoothly

The August and September Get Fit Ass Whipped schedule is now available www.bwittegetfit.com

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