



International Year of Quinoa Secretariat

Food and Agriculture Organization of the United Nations
Regional Office for Latin America and the Caribbean
Av. Dag Hammarskjold 3241, Vitacura
Santiago, Chile
Telephone : (56-2) 923 2100
Fax : (56-2) 923 2101
<http://www.rlc.fao.org/>



Quinoa

2013 International Year

Towards the International Year
of Quinoa IYQ – 2013

International Year of Quinoa IQ - 2013

The year 2013 has been declared "International Year of Quinoa" (IQ) in recognition of the Andean peoples who have preserved the quinoa as food for present and future generations through their traditional knowledge and practices of living in harmony with nature.

The International Year of Quinoa (AIQ) was proposed by the Government of the Plurinational State of Bolivia, with the support Argentina, Australia, Azerbaijan, Brazil, Cuba, Ecuador, El Salvador, Filipinas, Georgia, Guyana, Honduras, Iran, Liberia, México, Nicaragua, Paraguay, Peru, Seychelles, Uruguay and Venezuela. It was supported by the FAO Conference in June 2011 and was approved by the United Nations General Assembly Resolution 66/221, during its 66th Regular Session, in December 2011.

The UN General Assembly took note of the exceptional nutritional qualities of quinoa, its adaptability to different agro-ecological conditions and its potential contribution to the fight against hunger and malnutrition, and called on FAO to facilitate the implementation of the IQ.

The IQ has thus become a platform to focus world attention on the role that quinoa plays in biodiversity and its nutritional value with respect to food security and the poverty eradication in support of the Millennium Development Goals.

What is Quinoa?

Quinoa (*Chenopodium quinoa Willd*) is an annual plant native to the Andean region, domesticated and selected by the Andean peoples.

Due to its high nutritional value and crop characteristics, it is currently produced in at least 6 countries, and more than 70 countries are performing agronomical tests for its commercial production.

This grain posses outstanding characteristics, such as:

Great adaptability

Its genetic variability allows it to adapt to different ecological environments (valleys, highlands, salt flats, etc) with different relative humidity (from 40 % to 88 %) altitudes (from sea level sea up to 4,000 m) and temperatures (from -8 ° C to 38 ° C).

This shows its agricultural potential for development in other parts of the world and its high adaptation to climate change.

High nutritional value

- High protein profile: provides essential amino acids
- High levels of calcium, magnesium, iron, copper and zinc
- Essential vitamins for human and animal health
- High content of linoleic acid (omega-3)
- Contains amylase, which favours digestion
- Gluten free

Gastronomic and commercial potential

- Quinoa crops are expanding worldwide. Bolivia currently leads international trade.
- Quinoa is great for direct consumption and for derivative products (food for special diets, pharmaceutical products, and others)
- Great gastronomic potential for traditional as well as gourmet cuisine.
- Potential to combat malnutrition in populations with poor access to basic essential nutrients.

- Quinoa is an exceptional food for current and future generations, due to its high nutritional value.
- It contains essential amino acids, is rich in vitamins, minerals, essential fatty acids and is gluten free.
- The cultivation of quinoa has great potential to contribute to food security and nutrition.

