**Himalayan Super Foods**

Are you dedicated to making healthy and socially responsible food choices? Eight crops from the Nepal Himalayas are the ideal choice. These local foods provide patterns that support a healthy, nutritious and sustainable diet, making them great alternatives to generic grains.

**Amaranth (Amaranthus spp.)** | Latte (मल्ली)
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- Nutritious, grain in the high mountain communities
- Iron rich kojiable
- Gluten free grain, great source of protein and manganese that is essential for healthy bones
- Great source of essential amino acids (lysine); rare in plant sources
- Culturally important in western Nepal

**Naked Barley (Hordeum vulgare L. var. nudum Hook. f.) | Uwa (उवा)**
- Naked barley has a pleasant chewy texture and more fiber than pearl barley, helps body conserve energy in cold weather
- Excellent source of complex carbohydrates that is claimed to help lower cholesterol and the risk of type-2 Diabetes
- An excellent source of the soluble fiber β-Glucan. β-Glucan in barley has been shown to reduce cholesterol

**Common Beans (Phaseolus vulgaris L.) | Simli (सिमली)**
- Beans provide 7 or more grams of total dietary fiber per 1/2 cup serving, rich source of plant protein
- Excellent source of antioxidants
- In mature beans, display a natural array of vibrant colors, making them a nutritious and attractive part of any meal
- Beans and legumes contain isoflavones, compounds that are believed to help slow or prevent the production of red blood cells

**Buckwheat (Fagopyrum spp.) | Phapar (फापर)**
- Consumed as gluten free flour and kojiable vegetable
- Rich in fiber and micronutrients such as magnesium, copper and manganese
- Good alternative food for diabetics and cardiovascular patients
- Tartary buckwheat contains the chemical Rutin that improves blood circulation
- Honey made from buckwheat flower has a distinct taste is claimed to help alleviate common cold

**Finger Millet (Eleusine coracana Gaertn.) | Kodo (कोडो)**
- One of the minor cereals with several health benefits attributed to its phytochemical and dietary fiber contents
- It has the highest calcium content among all cereals (344 mg/100 g), good source of calcium, iron, fiber and amino acids
- Important food for bone health, better digestion and muscle repair
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**Foxtail Millet (Setaria italica L.) | Phapar (फापर)**
- Commonly named small millet is a traditional staple food crop
- It is one of the minor cereals with several health benefits attributed to its phytochemical and dietary fiber contents
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**Proso Millet (Panicum miliaceum L.) | Chino (चिनो)**
- Proso millet (Chinese) has lower water requirement among the crops making it an incredibly climate resilient crop
- Grains are packed with important nutrients and provides about 350 calories per 100 grams
- Gluten free food containing a variety of essential minerals, potassium in particular contributing to nervous system health
- Substitute of rice in the mountain regions

**Cold Tolerant Rice (Oryza sativa L.) | Chiso Sahane Dhan (चिझो सहाने धान)**
- Jumli Marsi variety of rice is grown at the highest elevation (3000 masl)
- Substitute of rice in the mountain regions
- Proso millet (Chinese) has lower water requirement among the crops making it an incredibly climate resilient crop

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**Integrating Traditional Crop Genetic Diversity into Technology: Using a Biodiversity Portfolio Approach to Buffer against Unpredictable Environmental Change in the Nepal Himalayas**

**Crop** | **Crude Fat (%)** | **Total Ash (%)** | **Crude Protein (%)** | **Crude Fiber (%)** | **Carbohydrate (%)** | **Iron (mg/100g)** | **Phosphorous (mg/100g)** | **Calcium (mg/100g)**
---|---|---|---|---|---|---|---|---
Naked Barley | 1.6 | 2.1 | 12.6 | 2.3 | 283 | 0.73 | 5.81 | NA
Common Beans | 0.72 | 4.6 | 12.29 | 1.4 | 12.29 | 55.07 | 5.6 | 384.4
Buckwheat | 1.8 | 2.2 | 7.7 | 3.6 | 23.41 | 16.8 | 72.6 | 38
Finger Millet | 4.6 | 1.0 | 5.81 | 2.61 | 25.97 | 1.5 | 6.395 | 367
Foxtail Millet | 2.16 | 1.4 | 8.2 | 0.2 | 4.5 | 0.4 | 6.03 | 316
Proso Millet | 0.25 | 0.5 | 0.26 | 0.13 | 4.35 | 1.0 | 1.7 | 6
Cold Tolerant Rice | 2.16 | 1.4 | 8.2 | 0.2 | 4.5 | 0.4 | 6.03 | 316

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