# AMARANTH

## ANTIGEN FOUND IN:

Amaranth is a pseudo-cereal grain, native to North America. The Amaranth seed is ground into oil and flour, which is used in baked goods and cereals. Amaranth is most often used in gluten-free baked goods.

## ASSOCIATED WITH:

- Allergy

## KNOWN CROSS REACTIONS:

- Quinoa, rice, sunflower

## CLINICAL SIGNIFICANCE:

The presence of antibodies to amaranth is an indication of food sensitivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Amaranth is considered a beneficial food, especially for patients with cardiovascular disease and hypertension, due to its ability to reduce blood pressure and cholesterol. Amaranth is also an excellent antioxidant. Amaranth is labeled by the scientific community as a non-allergenic food, however, allergy to amaranth has been reported. If a recently diagnosed gluten-sensitive patient exhibits high levels of antibodies to amaranth, it may be due to the late introduction of amaranth into the diet.

## References: