

Contents

The Minister's Foreword	4
The Issue of Plant Genetic Resources Regarding Nutrition	5
The Value of Landraces for Breeding and Healthy Life Style; Need for Their conservation; Collections in the Czech Republic	10
Old Traditional Cereal Crop Varieties and Their Value for Nutrition.....	14
Quality Trends of Wheat Grain.....	18
Barley, Oat and Rye – Important Components of Human Healthy Diet	23
The Importance of Potatoes for a Healthy Diet.....	26
The Significance of Legumes and Pulses for our Health	30
High Quality Oil for Human Diet	35
Diversity of Allium Species.....	40
Lesser Known and Neglected Vegetables and Their Importance in a Healthy Diet	43
Common Buckwheat, Common Millet and Amaranth – Original and New Alternatives for a Gluten-free Diet.....	47
The Most Precious Fruit for Health; Significance of Minority Species.....	50
The Importance of Common Sea-buckthorn for Humans.....	54
The Value of Medicinal, Aromatic and Culinary Plants (MAPs) for Nutrition	57
Oilseed Flax for a Rational and Healthy Diet.....	60
The Use of Unusual Bean Plants in a Healthy Diet.....	62
Hops (<i>Humulus lupulus L.</i>)	65
References	67