



Buckwheat

The Health Benefits of Buckwheat

This grain contains all 9 essential amino acids equivalent to meat. It provides all the health benefits of a whole grain but with none of the saturated fat or cholesterol. Not a wheat so it's gluten free.

1 cup cooked buckwheat groats provides:

- 155 Calories, 6 gm protein, 5 gm fiber, 1 gm fat, no cholesterol

Potential benefits of consuming buckwheat:

- Rich in the antioxidants *rutin* and *quercetin*, which lower blood pressure, inflammation & cholesterol and reduce risk for cancer
- High in fiber & resistant starch with a low glycemic index, great for those with diabetes or for preventing diabetes
- Rich in B vitamins thiamin, niacin, B6, folate & pantothenic acid
- Good source of minerals potassium, magnesium, copper & iron
- Groats (hulled grain) can be cooked as a breakfast cereal, tossed on salad, mixed with vegetable sides, cooked in soups & stews or ground into flour for use in grain recipes

For more information, visit our website:
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