



## Health Benefits of Teff

Teff is the world's smallest grain but with big nutrition. High in protein, iron and fiber, it is gluten-free with a rich, nutty flavor.

### **1 cup cooked teff provides:**

- 255 Calories, 10 gm protein, 8 gm fiber, 2 gm fat, no cholesterol

### **Potential benefits of consuming teff:**

- Provides 29% of daily iron requirement
- Rich in B vitamins thiamin, niacin, folate and B6
- Provides magnesium and potassium for heart health, manganese for blood sugar control and zinc and vitamin C for healing
- Contains calcium for strong bones, teeth and heart health
- Cooks quickly making a nutritious breakfast porridge or side dish
- As an intact grain, it has a low glycemic index due to high fiber
- Ground into flour, gluten-free teff can be substituted for 50% of the wheat flour in baked goods
- Store teff in refrigerator or freezer until ready for use

For more Healthy Bytes Initiative information, visit:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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