

Brought to you by Oregon State University Extension & Advanced Health

#### www.advancedhealth.com/healthy-bytes-initiative

- Store teff in refrigerator or freezer until ready for use
- Flour can be substituted for 50% wheat flour in recipes to lower gluten
- As an intact grain, it has a low glycemic index, higher if ground into flour
  - Cooks quickly, making a nutritious breakfast porridge or side dish
    - blood sugar control and zinc and vitamin C for healing

      Contains calcium for strong bones, teeth and heart health
  - Provides magnesium and potassium for heart health, manganese for
    - Rich in B vitamins thiamine, niacin, folate and B6
      - Provides 29% of daily iron requirement

### Potential benefits of consuming teff:

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

# 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.

# Tett grains



Brought to you by Oregon State University Extension & Advanced Health

#### www.advancedhealth.com/healthy-bytes-initiative

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

# Potential benefits of consuming teff:

Top cooked teff provides:
 255 Calories, 10 gm protein, 8 gm fiber, 2 gm fat, no cholesterol

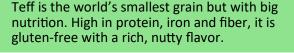
# Health Benefits of Teff



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.

# enierg ffel

# Teff grains





# **Health Benefits of Teff**

#### 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 thiamine, 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, higher if ground into flour
- Flour can be substituted for 50% wheat flour in recipes to lower gluten
- Store teff in refrigerator or freezer until ready for use

# www.advancedhealth.com/healthy-bytes-initiative

Brought to you by Oregon State University Extension & Advanced Health



# Teff grains

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.



## **Health Benefits of Teff**

#### 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 thiamine, 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, higher if ground into flour
- Flour can be substituted for 50% wheat flour in recipes to lower gluten
- Store teff in refrigerator or freezer until ready for use

#### www.advancedhealth.com/healthy-bytes-initiative



Brought to you by Oregon State University Extension & Advanced Health