



www.advancedhealth.com/healthy-bytes-initiative

- 155 Calories, 6 gm protein, 5 gm fiber, 1 gm fat, no cholesterol
- 1 cup cooked buckwheat provides:**
- Potential benefits of consuming buckwheat:**
- Rich in antioxidants *rutin* & *quercetin*, which lower inflammation, blood pressure & 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 and minerals potassium, magnesium, copper & iron
- 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

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 with none of the saturated fat or cholesterol. Despite the name, it's not a variety of wheat so it's gluten free.

BUCKWHEAT



www.advancedhealth.com/healthy-bytes-initiative

- 155 Calories, 6 gm protein, 5 gm fiber, 1 gm fat, no cholesterol
- 1 cup cooked buckwheat provides:**
- Potential benefits of consuming buckwheat:**
- Rich in antioxidants *rutin* & *quercetin*, which lower inflammation, blood pressure & 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 and minerals potassium, magnesium, copper & iron
- 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

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 with none of the saturated fat or cholesterol. Despite the name, it's not a variety of wheat so it's gluten free.

BUCKWHEAT

BUCKWHEAT

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



Health Benefits of Buckwheat

1 cup cooked buckwheat provides:

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

Potential benefits of consuming buckwheat:

- Rich in antioxidants *rutin* & *quercetin*, which lower inflammation, blood pressure & 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 and minerals potassium, magnesium, copper & iron
- 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



www.advancedhealth.com/healthy-bytes-initiative

BUCKWHEAT

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



Health Benefits of Buckwheat

1 cup cooked buckwheat provides:

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

Potential benefits of consuming buckwheat:

- Rich in antioxidants *rutin* & *quercetin*, which lower inflammation, blood pressure & 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 and minerals potassium, magnesium, copper & iron
- 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



www.advancedhealth.com/healthy-bytes-initiative