- Can be cooked as a breakfast cereal, tossed on salad,

BUCKWHEAT

This grain contains all 9 essential amino acids

equivalent to meat. It provides all the health

it's not a variety of wheat so it's gluten free.

1 cup cooked buckwheat provides:

saturated fat or cholesterol. Despite the name,

Potential benefits of consuming buckwheat:

pressure & cholesterol, and reduce risk for cancer

**Health Benefits of Buckwheat** 

benefits of a whole grain with none of the

- with diabetes or for preventing diabetes
- Rich in B vitamins and minerals potassium, magnesium, copper & iron

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

• Rich in antioxidants rutin & quercetin, which lower inflammation, blood

High in fiber & resistant starch with a low glycemic index, great for those

- Can be cooked as a breakfast cereal, tossed on salad,

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

• Rich in antioxidants rutin & quercetin, which lower inflammation, blood

1 cup cooked buckwheat provides:

Potential benefits of consuming buckwheat:

## 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.



# BUCKWHEA1





it's not a variety of wheat so it's gluten free. saturated fat or cholesterol. Despite the name, benefits of a whole grain with none of the equivalent to meat. It provides all the health sbise onime leitnesse 9 lle snietnos nierg sidT

## 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:

- pressure & cholesterol, and reduce risk for cancer • Rich in antioxidants rutin & quercetin, which lower inflammation, blood
- with diabetes or for preventing diabetes High in fiber & resistant starch with a low glycemic index, great for those
- Rich in B vitamins and minerals potassium, magnesium, copper & iron
- or ground into flour for use in grain recipes mixed with vegetable sides, cooked in soups & stews Can be cooked as a breakfast cereal, tossed on salad,



## eviteitini-zetyd-ydtleed/moz.dtleedbeznevbe.www

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.



or ground into flour for use in grain recipes mixed with vegetable sides, cooked in soups & stews Can be cooked as a breakfast cereal, tossed on salad, • Rich in B vitamins and minerals potassium, magnesium, copper & iron

pressure & cholesterol, and reduce risk for cancer

Health Benefits of Buckwheat

Potential benefits of consuming buckwheat:

it's not a variety of wheat so it's gluten free.

benefits of a whole grain with none of the

equivalent to meat. It provides all the health

sbise onime leitnesse e lle snietnos nierg sidT

saturated fat or cholesterol. Despite the name,

with diabetes or for preventing diabetes

1 cup cooked buckwheat provides:

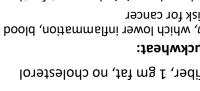
eviteitini-zetyd-ydtleed/moz.dtleedbeznevbe.www

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

High in fiber & resistant starch with a low glycemic index, great for those

• Rich in antioxidants rutin & quercetin, which lower inflammation, blood

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





- 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

mixed with vegetable sides, cooked in soups & stews or ground into flour for use in grain recipes



www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

mixed with vegetable sides, cooked in soups & stews or ground into flour for use in grain recipes



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

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.