



Taken from: www.care2.com/greenliving/10-health-benefits-of-buckwheat.html

Contrary to its name, this fruit seed is not in any way related to wheat. Buckwheat is a gluten free power food! It is becoming very popular for many good reasons. It is a highly nourishing, energizing and tasty food that can be eaten instead of rice or the usual porridge.

Health Benefits

Best source of high-quality, easily digestible proteins:

This makes it an excellent meat substitute. High protein buckwheat flour is being studied for possible use in foods to reduce plasma cholesterol, body fat, and cholesterol gallstones.

Fat alternative:

Buckwheat starch can also act as a fat alternative in processed foods.

Fights high blood pressure:

The high level of rutin is extracted from the leaves for medicine to treat high blood pressure.

Non allergenic:

Buckwheat hulls are used as pillow stuffing for those allergic to feathers, dust, and pollen.



May help diabetes:

New evidence has found that buckwheat may be helpful in the management of diabetes according to Canadian researchers in the Journal of Agricultural and Food Chemistry. With a glycemic index of 54, it lowers blood sugars more slowly than rice or wheat products.

Great for the digestion:

“The properties of buckwheat are: Neutral thermal nature; sweet flavor; cleans and strengthens the intestines and improves appetite. Is effective for treating dysentery and chronic diarrhea.” According to Paul Pitchford in Healing with Whole Foods (1993)

Chemical free:

Buckwheat grows so quickly that it does not usually require a lot of pesticides or other chemicals to grow well.

Retained Water:

Buckwheat is good at drawing out retained water and excess fluid from swollen areas of the body.

Buckwheat is a warming food:

It is classified by macrobotics as a yang food. It is great for eating in the cold winter months.

Gluten Free:

Buckwheat contains no gluten and is not a grain. It is therefore great for celiacs and those on grain free and gluten sensitive diets.