

Nutritional Quality Evaluation, Product Formulation, Glycemic And Lipidemic Response of Buckwheat: An Underutilized Plant Food of Uttaranchal Hills

<http://krishikosh.egranth.ac.in/bitstream/1/5810009025/1/PANT-405305.pdf>

Cited in:

Thesis Submitted to the G.B. Pant University of Agriculture & Technology for Doctor of Philosophy (Human Nutrition) July, 2003

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Conclusions

Results of the present study establish that buckwheat flour can be successfully used to ensure nutrition security. Its grains are good sources of calcium, dietary fibre and comparable to wheat and rice in calorific value and protein content. Leaves are a rich source of α -carotene and calcium and can be successfully used to take care of micronutrient deficiencies of the population. Further, buckwheat flour incorporated products can be successfully used in designing foods with low glycemic index for diabetic patients. It can also bring about a significant reduction in total cholesterol levels and may also hold the potential in modulating HDL, LDL and triglyceride components of blood if consumed regularly on daily basis for a longer time.

Reference

Bijlani, R.L.; Gandhi, B.M.; Gupta, M.C.; Manocha, S. and Tandon, B.N. 1985. Effect of whole buckwheat (*Fagopyrum esculentum*) flour supplementation in lipid profile and glucose tolerance. Indian J. Med. Res. 81 : 162-168.