



# Agricultural Journals

*Czech Journal of*

**FOOD SCIENCE**

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# **Czech J. Food Sci.**

**Christa K., Soral-  
Šmietana M.**

# **Buckwheat grains and buckwheat products – nutritional and prophylactic value of their components – a review**

Czech J. Food Sci., 26 (2008): 153-162

Buckwheat is introduced into the diet as an alternative crop of renewed interest due to its nutritive and health-promoting value. Experiments with animal models have demonstrated that buckwheat flour may alleviate diabetes, obesity, hypertension, and hypercholesterolemia. A number of nutraceutical compounds exist in buckwheat grains and other tissues. These are a rich source of starch proteins, antioxidants, and dietary fibre as well as trace elements. The biological value (BV) of buckwheat proteins is comparable to BV of other protein sources. Besides high-quality proteins, buckwheat grains contain some components with prophylactic value: flavonoids, fagopyrins, or thiamin-binding

protein of the food industry, buckwheat grains are a valuable raw material to be used for the production of functional foods. Buckwheat flour may be a valuable and important ingredient in diets or food products, taking into consideration its