

VITAMIN STORAGE FOR GLUTEN-FREE DIETS: BUCKWHEAT!

Buckwheat has become a highly preferred food in recent years. Stating that it should not be considered a type of cereal due to the wheat mentioned in its name, Nutrition and Dietetics Specialist Lect. Zeynep Şeyda Bilim recommended that buckwheat, which is very rich in vitamins and minerals, must be consumed especially by those with gluten sensitivity and celiac patients.

Buckwheat, known as pseudo-cereal, is in great demand by those who care about healthy life and those who are sensitive to gluten due to its lack of gluten and high nutritional values. People with celiac disease caused by gluten proteins in wheat, rye and barley should follow a gluten-free diet, Istanbul Gelisim University, Vocational School of Health Services Lecturer Nutrition and Dietetics Specialist Zeynep Şeyda Bilim emphasized that buckwheat is an important source of vegetable protein and it contains many vitamins and minerals as well as a good source of fiber.

“CELIAC DISEASE IS MORE COMMON IN WOMEN”

Buckwheat, which has been heard frequently recently, has become a preferred food in the diets of those who prefer a healthy lifestyle and diet, as well as those with gluten intolerance and celiac disease. Stating that the gluten-free diet is a treatment method applied in celiac disease, Nutrition and Dietetics Specialist Lect. Zeynep Şeyda Bilim: “Removing gluten from the diet improves intestinal lesions and clinical signs. Celiac disease can occur from childhood after the age of 2, at any age in the 20s or later, and is more common in women. Those with gluten sensitivity and celiac disease should avoid foods containing wheat, rye and barley, as well as all other foods containing gluten. Although this diet seems to be easy, the implementation can be often challenging for patients. In addition, a gluten-free diet can lead to inadequate and unbalanced nutrition. For this reason, it is necessary to include pseudo-cereals, including buckwheat, in the diet.”

“BUCKWHEAT HAS A HIGH FIBER”

Buckwheat is considered an attractive option on a gluten-free diet, as it is known for its high nutritional value. "Buckwheat is rich in minerals and vitamins. It has a high fiber content. It contains various minerals such as iron, calcium and zinc. In general, the protein quality of pseudo-cereals is higher than that of cereals. Since there is no gluten, we need to say that it is a good alternative in the treatment of celiac disease. Since gluten-free products on the market are produced using processed gluten-free flour or starch, they are insufficient in terms of B vitamins, magnesium, iron, calcium and fiber.”



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