

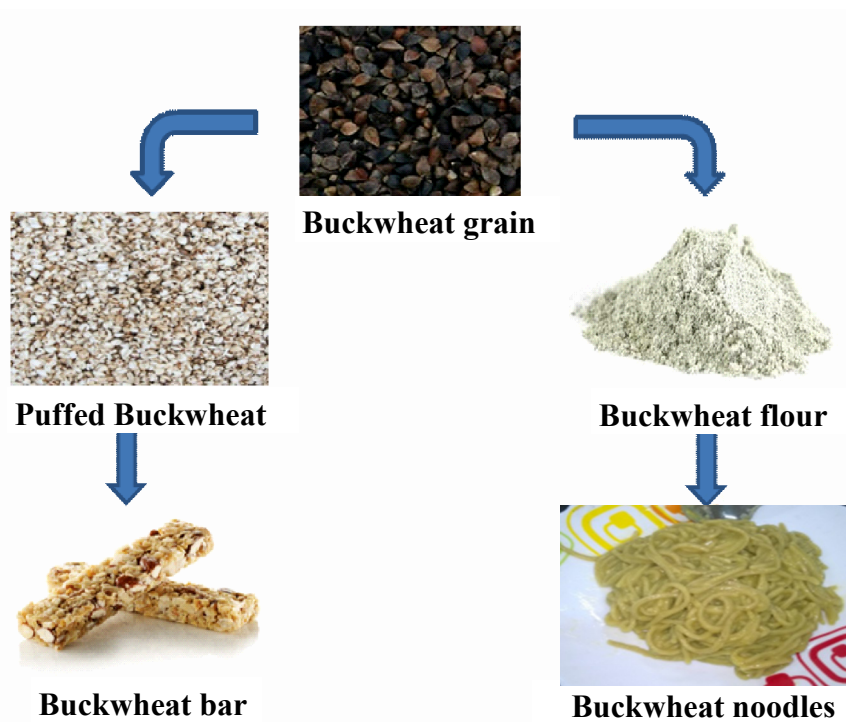
# Gluten free food products from Buckwheat

## Technology background

- Buckwheat is a pseudo cereal belonging to the family of *Fagopyrum* is triangular in shape. It is a traditional crop of the high altitude Himalayan region
- Analysis of its nutritional properties revealed that buckwheat is rich in protein, fiber and carbohydrate as well as rutin content but gluten free in nature
- In India about 60-80 million population has gluten intolerant (CAGR Report online, 2013). The celiac disease is continuously increased due to the changing food habit in the country
- It is estimated that 1 in 100 people worldwide are severely affected from celiac disease and 6 people have sensitivity or intolerance
- The market for gluten-free products is projected to grow at a CAGR of 10.4% from 4.63 Billion in 2015 to USD 7.59 Billion in 2020

## Technology advantages

- Products to manage celiac disease and gluten sensitivities
- More vitamins, minerals and antioxidants
- Healthier starch and fibre profile
- These products have been developed and launched at Tribal Fair, Keylong (Lahaul and Spiti)



**Products & technologies developed by CSIR-IHBT**

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