



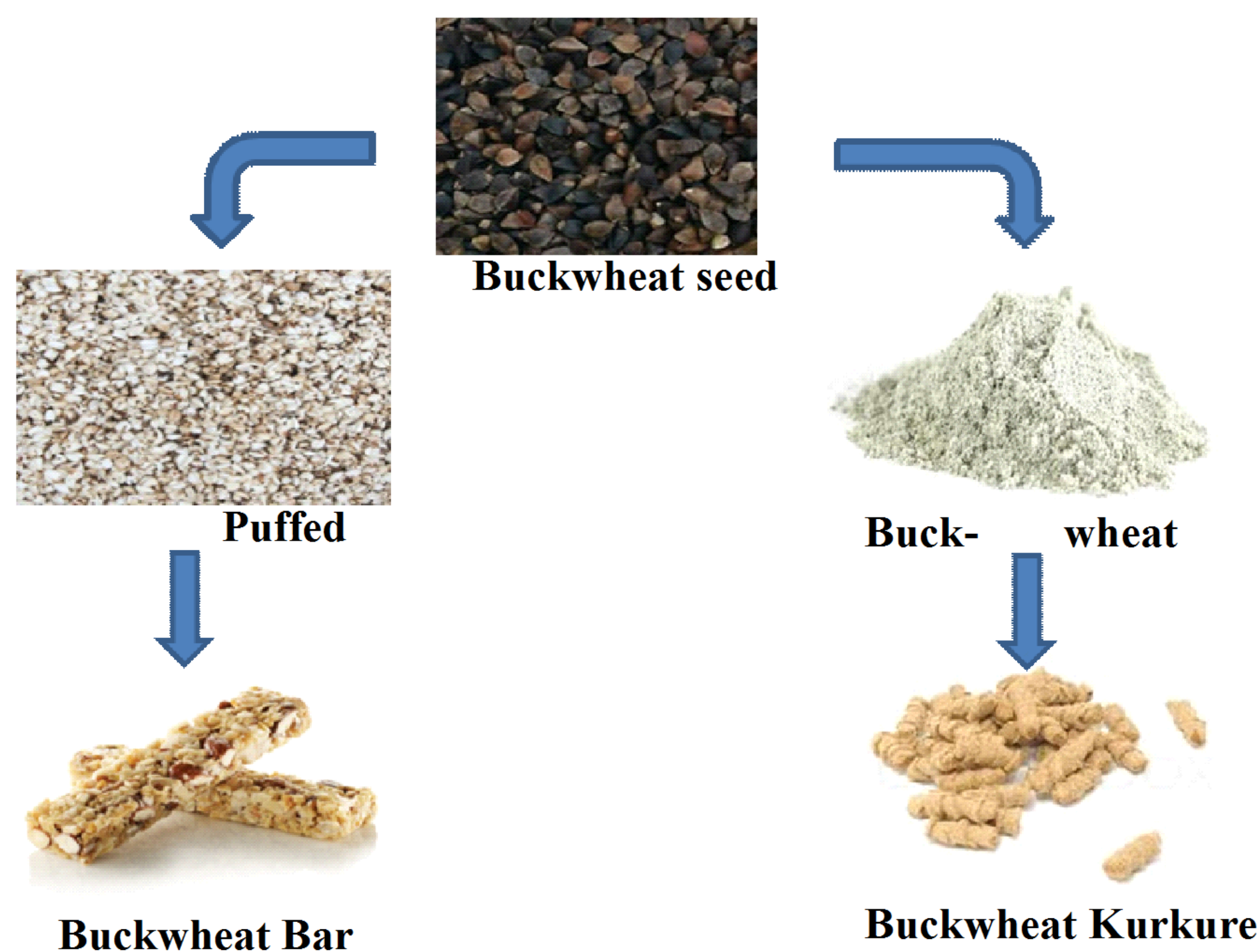
CSIR-IHBT

# Value added buckwheat products for high altitude region

## Behind the technology development:

- ❑ 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.

### Products & Technologies Developed by CSIR-IHBT



### Technology Advantages

- ❖ Products to manage celiac disease and gluten sensitivities
- ❖ More vitamins and minerals
- ❖ Healthier starch and fibre profile
- ❖ These products has been developed and launched at Tribal Fair at Keylong (Lahaul and Spiti) during 14-16<sup>th</sup> August, 2012 as Lauli Puff – Healthy snack & Lauli Puff

### Nutritional facts

Composition in (%)	Buckwheat Grain	Puffed Buckwheat
Moisture	8.67±0.02	2.96±0.01
Protein	13.22±0.08	7.63±0.04
Fat	3.90±0.05	2.85±0.08
Carbohydrates	58.50 ±0.04	77.69±0.09
Dietary Fiber	13.36 ±0.02	6.52±0.03
Ash	1.98 ±0.08	2.15±0.02

