

How Is Buckwheat Beneficial For Babies?



Buckwheat groats provide enough energy to support a baby's growth and development.



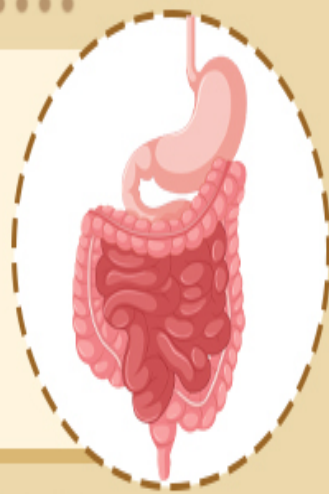
Buckwheat contains lysine, an essential amino acid that helps in protein synthesis.



It contains magnesium, manganese, phosphorus, copper, and iron to support growth and development in toddlers.



Buckwheat's dietary fiber helps with bowel movement and gut health.



Regular consumption of buckwheat is associated with improved health due to its antioxidant profile.

