



DEVELOPMENT POTENTIAL OF *ERAGROSTIS TEF* AS A FLOUR ALTERNATIVE

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ABSTRACT

Teff (*Eragrostis tef*) is known as a health functional food and has been gaining its popularity across the world. Teff is a staple crop and has been cultivated for thousands of years in Ethiopia and Eritrea, currently producing 90% of the world's teff. As the number of consumers are increasing, who look for an alternative to wheat flour especially for people with celiac disease, more countries are increasing teff production. People at all ages can benefit from consuming teff as it contains dietary fiber, iron, potassium, and etc. It is also helpful for people with obesity and diabetes due to its low glycemic index. Therefore, modern society pursues health-oriented thinking, and teff is expected to be in the spotlight as a good food for all ages to consume. However, information on the nutritional benefits of teff and research on food development using teff are insufficient. This review paper is a literature review, and the method is a narrative review. In addition, it is suggested that the frequency of Teff intake can be increased by presenting the introduction of foods with high nutritional value using Teff by providing basic data on nutrition and efficacy through a close investigation of Teff.
