

Teff

All about the ancient grain with
Dr Scott Robinson,
Head Nutritionist at Teffie.

“Teff presents a unique opportunity for athletes and active individuals to discover a new competitive edge - not only for athletic performance but also, and importantly, for overall health and wellbeing.”

-Dr Scott Robinson,
Founder and MD of The Edge HPL &
Head Nutritionist at Teffie

A tiny grain with a mighty history

Imagine a grain that has been around for over 3,000 years, a grain that's as small as it is mighty. That's teff, a tiny nutrient powerhouse from the Horn of Africa. It's an ancient grass that uses 10 times less water than wheat to grow.

For centuries, teff has been a staple in Ethiopian and Eritrean diets, eaten as a flat-bread called injera.

Outside of Ethiopia and Eritrea, teff is popular with elite sportspeople. They call it the "runner's super food" and some of the best athletes in the world swear by it, including 8-time world champion runner, Haile Gebrselassie.

Compared to other popular grains like wheat, rice, and quinoa, teff is a nutritional all-star.



**“To me,
teff is
everything”**

- Haile Gebrselassie
8-Time World Champion
Runner

A SUPER grain

Teff isn't just a grain, it's a nutritional powerhouse. One of its most amazing features is its amino acid profile. Unlike wheat and rice, which are missing certain essential amino acids, teff is a complete protein source. That means it has all the building blocks your body needs to grow and repair itself.

But that's not all. Teff is also packed with minerals. It's a great source of calcium and iron. It's also low in phytic acid, meaning that the iron is more easily absorbed by your body.

Most importantly, teff is also high in fibre. Fibre is great for your gut, your heart, and managing your blood sugar levels. While a cup of cooked quinoa contains about 5 grams of dietary fibre, teff provides around 7–8 grams per cup. In comparison, white rice falls far short, offering only about 0.6 grams of fibre per cup.

So, whether you're looking for a complete plant protein source, a mineral boost, or a fibre-rich food, teff has got you covered.

Nutrient	Per 100g of teff
Calcium	180mg
Iron	7.63mg
Magnesium	104mg
Phosphorus	429mg
Potassium	427mg
Sodium	12mg
Zinc	3.63mg
Vit B6	0.482mg
Thiamin	0.39mg
Riboflavin	0.29mg
Vit K	1.9mg

10 Reasons to start eating teff

Whether you're a seasoned athlete or simply looking to improve your overall well-being, teff is the nutrient-packed fuel you've been waiting for.

1. Sustained Energy

Teff is a powerhouse of energy. Its resistant starch content helps release energy slowly, preventing those dreaded energy crashes. Say goodbye to mid-workout slumps and hello to sustained performance.

2. Impressive Nutrient Profile

Teff is packed with essential vitamins and minerals. From calcium and iron to magnesium and zinc, it's packed full of nutrients to fuel your body and mind.

3. Gut Health

Teff's high fibre, micronutrient, and resistant starch content can help support a healthy gut. Resistant starch in particular feeds the gut microbiome, acting as a prebiotic.

4. Micronutrient absorption

Teff contains high amounts of polyphenols, which have been shown to improve micronutrient absorption.

5. Complete Protein

Teff is one of the few grains that's a complete protein. That means it has all nine essential amino acids, which are the building blocks of protein.

6. Gluten-Free

Teff is naturally gluten-free, making it a safe and delicious option for those with gluten sensitivities or celiac disease.

7. Weight Management

Teff's high fibre content can help you feel fuller for longer, making it a great tool for weight management. Using teff as a vehicle to increasing dietary fibre intake may enhance satiety (feelings of fullness) and aid in long-term weight management.

8. Boost Your "Plant-Points"

Adding teff to your diet offers a natural and effective way of increasing your "plant points", which is beneficial for both your personal health and the health of the planet.

9. A Grain for the Future

Teff isn't just good for you; it's also good for the planet. It's a hardy crop that can grow in poor soil and uses far less water than wheat. In addition, it doesn't need pesticides or chemical fertilizers when growing. By increasing the use of teff, we can help ensure food security and a more sustainable food system.

10. It's an Easy Switch!

We created Teffies to provide a delicious and convenient way to enjoy the benefits of teff every day. They're the perfect on-the-go snack for nourishing your body and fuelling your performance.

Read more

Others are saying...

[Teff, The Superfood You Should be Eating - Men's Journal](#)

[Gut check: Teff grain boosts stomach microbiome health - Cornell University](#)

[What Is Teff, and How Can Adding It to Your Diet Help Your Performance? - Runner's World](#)

[Iron nutrition: how a humble grain could boost your performance. A. Hamilton](#)

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