

Polish researcher patents zero-calorie wafers

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You can eat all you want and not gain a gram, Polish academic Joanna Harasym promises of her freshly patented zero-calorie buckwheat hull wafers which are also gluten-free and rich in antioxidants.

"Because our bodies can't absorb the [cellulose](#) in buckwheat hull, the wafers are effectively calorie free, but still provide several antioxidants" which support cell health, Harasym told AFP Tuesday via telephone.

Aside from helping in [weight management](#), Harasym explained her invention is also advantageous to diabetics and gluten-intolerant individuals as the chocolate-coloured and nutty-tasting wafers "are gluten-free and don't raise blood-sugar levels."

A researcher at the Economic University in the south-western Polish city of Wroclaw, Harasym says she is also looking into making buckwheat beer which, however, will not be calorie-free.

Native to North America and Asia, buckwheat is three-sided in shape, resembling a grain but is classified as a fruit-seed and regarded by many as a "super food" rich in minerals, [antioxidants](#) such as flavonoids and essential amino acids, key to good health but which the body cannot synthesize.

Buckwheat groats are a popular side-dish in Poland, served as an alternative to potatoes or rice.

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