

CLINICAL SPECIFICATIONS

TEFF

Antigen Made From:

Whole Teff kernel

Associated With:
Known Cross-Reactions:
Clinical Significance:

The presence of antibodies to Teff is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Little work has been published on this food product. Due to the prevalence of its consumption by, and low incidence of diabetes, in Ethiopians,¹ it can be postulated that Teff may be a healthy alternative grain for patients needing to consume a low-glycemic diet. Teff has also been considered to be safe for Celiac patients, as it does not contain alpha-gliadin and has no cross-reactivity to the alpha-gliadin of wheat.² If a recently diagnosed non-celiac gluten-sensitive patient exhibits high levels of antibodies to Teff, it may be due to the late introduction of Teff into the diet.

References:

1. Guttman. "We didn't have it in Ethiopia": Attitudes and beliefs of Ethiopian immigrants to Israel regarding diabetes. The 130th Annual Meeting of APHA, 2002; Abstract presentation.
2. Bergamo et al. Immunological evaluation of the alcohol-soluble protein fraction from gluten-free grains in relation to celiac disease. Mol Nutr Food Res, 2011; 55(8):1266-1270.