



SPROUTED GRAINS FOR BETTER HEALTH

Grain kernels are seeds with the potential to become new plants. On the way, there's a magical moment when a grain kernel has just begun its journey to planthood: a time when it's known as a sprouted grain.

At this moment, when the tiny new sprout barely pokes through the side of the kernel, momentous changes are taking place. Nutrients that lay dormant while the kernel was in storage mode become more available, as they prepare to nourish the growing plant. Complex starches inside the kernel transform themselves into simpler carbohydrate molecules that are easier to digest. Gluten levels (in wheat) decrease, and soluble fiber increases.

New technology allows the potential of these sprouted grains to be captured at just this moment. They can be dried—to keep the sprouting action from continuing on to a new plant—and served up as intact grains, such as sprouted brown rice. Or, they can be ground up into sprouted grain flour, which can be made into any type of product, from breads to breakfast cereals, that can be produced with conventional flour. As an added plus, sprouted grain flour has a longer shelf life than ordinary whole wheat flour, and baking properties closer to refined flour, making it easy to substitute into any recipe.

Grains can't sprout unless they're whole, so with sprouted grains you're getting the best of both worlds: whole grains with the extra benefit of the sprouting process. And those benefits are proven, too.



A growing body of recent research shows that eating sprouted grains may help:

- lower blood pressure
- control blood sugar
- protect against fatty liver disease
- reduce the risk of heart disease
- improve immune system function

With diabetes rising rapidly, the potential role of sprouted grains is an important one. In a small clinical trial in Japan, diabetic or pre-diabetic adults ate either white rice or sprouted brown rice for six weeks, then switched groups. Fasting blood glucose and total cholesterol improved while the people ate the sprouted brown rice, but not when they ate the white rice.

Sprouted grain products are quickly filling grocers' shelves. Take a closer look at the labels of many grain products in your local store, where you may find sprouted wheat flour; sprouted intact grains, including brown rice, quinoa, wheat berries and barley; and products, from sprouted grain bread, pasta, and pizza crusts to sprouted grain pretzels, tortillas and bagels. You may be surprised to find them literally sprouting up everywhere!

Photo courtesy of [To Your Health Sprouted Flour](#).