

Cancer protection from a few forkfuls of sprouts

From the humble sandwich to award-winning creative cuisine, sprouts are becoming a much more mainstream ingredient these days – and it's not just because they taste great. Sprouts were first prescribed to cure disorders over 5000 years ago and are increasingly being validated by modern science as powerful protectors against disease.

Sprouts like alfalfa, sango (radish), and broccoli contain an abundance of highly active antioxidants and powerful plant compounds, which have been shown to provide protection against diseases such as cancer and heart disease. Speech Sprouts have also been shown to contain up to forty-three times more enzyme content than non-sprouted foods and (by weight) up to twice the amount of protein than meat.

A concentrated nutritional powerhouse

So what makes sprouts so special? According to the US-based International Sprout Growers Association (ISGA), sprouting increases the nutritional value of seeds and makes them easier to digest by converting starches into simple sugars.

Research has revealed that the process of sprouting retains the B-complex vitamins of the original seeds, boosts Vitamin A levels, and causes an explosive infusion of Vitamin C. So much so that the Vitamin C content of Mung Bean sprouts is several hundred times that of the unsprouted beans, and half a cup of almost any sprouted seed provides as much Vitamin C as six glasses of orange juice.

What's even more remarkable is that dry seeds, grains, and legumes - while rich in protein and complex carbohydrates - contain no vitamin C, but after sprouting, contain around 20 mg per 100g.

Sprouts, which are the germinating form of seeds, beans and legumes, are widely commercially available and most brands include at least one organic variety. You can also grow sprouts at home, although new seed importing regulations is making it more difficult for non-commercial growers to source seed that has not been heat-treated. Heat-treated seed does not sprout as well and may produce disappointing results. For optimum freshness, keep sprouts refrigerated and eat before the best before date on the pack.

A powerful source of life giving enzymes

Eating a few forkfuls of sprouts each day is an easy and effective way...

to boost your nutritional intake and ultimately improve your health!

For more information please visit:
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Getting to know your sprouts!

