ANTHONY'S SMART CHOICES

SMART Pasta™

THE SCIENCE OF SPROUTED GRAINS

# WHY SPROUTED GRAINS?

## NUTRIENT CHANGES NOTED IN SPROUTED WHEAT

German researchers sprouted wheat kernels for up to 168 hours (1 week), analyzing them a different stages to learn the effects of germination on different nutrient levels. While different times and temperatures produced different effects, overall the sprouting process decreased gluten proteins substantially, while increasing folate. Longer germination times led to a substantial increase of total dietary fiber, with soluble fiber tripling and insoluble fiber decreasing by 50%.

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## OPTIMUM GERMINATION CONDITIONS FOR WHEAT

Scientists at the University of Alberta germinated wheat under various conditions to determine how to maximize the production of antioxidants. First, they steeped the grains in water for 24 or 48 hours, then sprouted them in the dark for 9 days. Vitamins C and E and beta-carotene, which were barely detectable in the dry grains, increased steadily during the germination period. Grains steeped for 48 hours became wet, sticky, discolored and acidic-smelling after germination, leading researchers to conclude that 24 hours of steeping and 7 days of sprouting would produce the best combination of antioxidant concentrations and sensory properties.

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