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# SPROUTED GRAINS

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Beth Rosen, MS, RD, CDN is here to tell us all about them!

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## Nutrient Profile:

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Due to the enzymatic activity of their growth, sprouted grains have a smaller concentration of carbohydrate and a larger concentration of protein than their full-grown grain counterparts.

Research shows that the enzyme present, phytase, breaks down the phytic acid in sprouted grains, thus increasing the bioavailability of the minerals in the grains.

In one study, the results showed that sprouted brown rice had a lower glycemic index than whole grain brown rice.

It should be noted that sprouted wheat will still contain gluten and will not be digestible by those with sensitivities or allergies to wheat protein.

What do you think? Want to give sprouted grains a try?

## Grains in Limbo:

Sprouted grains are in limbo between being a grain seed and developing into a new plant. In order to trigger a seed to grow, its enzymes are activated in warm and moist conditions. These enzymes use the endosperm — the carbohydrate source for the grain — to fuel the growth process. When the conditions are altered and the moisture and warmth are removed, the seed stops growing and the result is a sprouted grain.

Sprouted grains have a hearty, nutty flavor. Carbohydrates are broken down during the enzymatic process, so these grains have a sweeter flavor than most grains. Sprouted grains can be cooked and eaten as a side dish in place of rice or potatoes, or ground into flour for breads, muffins, and cakes.

