



*True & Healthy Sprouts, LLC*



True & Healthy Sprouts introduces gluten free sprouted grains for bakery products, crackers, chips, cereal, tortilla products and pasta.

## Health Benefits of Sprouted Whole Grains

Sprouted whole grains have more nutritional benefits than unsprouted flour.

These include:

1. Better nutrient absorption
2. Improved flavor by reducing bitter components.
3. Sprouting increases vitamin content and improves absorption of vital minerals. Vitamins can increase 300%.
4. Sprouting provides enzymes to break down phytic Acid and this allows the body to absorb nutrients more efficiently.
5. Sprouting improves digestion by breaking down complex starches, and neutralizing enzymes inhibitors.
6. Sprouting produces bioactive compounds and antioxidants.

True and Healthy Sprouts, sprouts its grains under carefully controlled conditions of time and temperature. This releases all the vital nutrients and maximizes nutrition and flavor. When sprouting begins grains become a living food and beneficial enzymes convert complex starch to maltose making digestion easier.

True & Healthy Sprouts manufacture a wide variety of sprouted gluten free ancient grains; however, we are focused on the colored grains that are high in anthocyanins and antioxidants that are very important to your health. These include purple corn, blue corn, red corn, black sorghum and red quinoa. Page 2 discusses these benefits.

The whole grains council goes into detail about health benefits of sprouted grains and has references of numerous medical research and publications.



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True & Healthy Sprouts Introduces Gluten Free Sprouted Grain  
Blends for Bakery Products, Chips, Cereal, Crackers, Tortilla Products and Pasta

1. Quinoa
2. White Sorghum
3. Red Sorghum
4. Millet
5. Chia

6. Lentils
7. Sesame
8. Purple Corn
9. Brown Rice
10. Other Sprouted Grains Available



Sprouted Purple Corn



Sprouted Red Corn



Sprouted Blue Corn



Sprouted Sorghum



Sprouted Amaranth



Sprouted Flax



Sprouted Millet



Sprouted Lentils

**Custom Blends Made to your Specification**



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## Health Benefits of Sprouted Purple Foods

*“Purple foods are so important for your health. They are super foods.” - Dr. Oz*

When it comes to your well-being, the **color purple** represents a wide variety of healthpromoting properties. If you are looking to improve certain aspects of your health, the power of purple food can help you achieve your goals.

### Purple foods prevent premature aging

**Purple foods** are colored by a pigment called anthocyanin, a strong and protective antioxidant which can help reduce the risk of cancer, help improve memory and assist with healthy aging.

### Purple foods protect your heart

**Purple fruits and vegetables** are also packed with flavonoids — known to be one of the most powerful phytochemicals. Flavonoids are heart-healthy, beneficial to the cardiovascular system and can lower your risk of heart disease.

### Eat more of these purple foods

**Purple vegetables and Fruits:** include eggplant, purple cabbage, purple peppers, purple potatoes, purple onions, grapes, plums, figs, raisins, prunes and blackberries and **purple corn**.

### True & Healthy Sprouts Introduces:

**Sprouted Purple Corn:** To provide maximum health benefits. Great for tortilla chips, bread, and tortilla wraps.

### Sprouted Purple Corn Provides:

1. Antioxidant Powerhouse (4 times higher than blueberries)
2. Very high in Anthocyanins (4 times more anthocyanins than in blue corn)
3. Health Benefits include
  - ✓ Heart / Cardiovascular Health
  - ✓ Maintaining Healthy Blood Sugar Level
  - ✓ Weight Management
  - ✓ Vision Health
  - ✓ Antioxidant Defense System
  - ✓ Healthy Inflammatory Response
- ✓ Brain Health

**Purple Corn** – Although not readily available in most supermarket produce sections, **purple corn** is extremely high in antioxidants. Dr. Monica Giusti, assistant professor of food science at Ohio State University, conducted research on several anthocyanin-rich extracts on human colon cancer cells. She found that **purple corn** was the most potent, in that it took the least amount of extract to cut cancer cell numbers in half. Keep your eyes open for products that contain **purple corn**, including purple corn tortilla chips, cereals, and snack bars.



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## **Benefits of Eating Sprouted Purple Corn**



### **1. Antioxidants**

Nutrition and food experts say that natural crops that are colored with deep purple have several amounts of antioxidants, Anthocyanins, to be precise. The anthocyanin is the most powerful antioxidant discovered in the nutritional world. The more the purple color in a food, the more the powerful is. Therefore, purple corn is the most powerful food on the world.

### **2. Anti-Diabetic**

The anthocyanin of purple corn juice strengthens the glandular system that affects the pancreas and how it secretes the insulin. The anthocyanin also keeps fats storage at normal rate therefore reducing obesity. Less fats and normal body weight reduces the chances of increased blood sugar levels. Many people died due to diabetes, therefore, one should be drinking Purple Corn Juice to reduce the chances of getting diabetes.

### **3. Anti-Cancer**

Since the purple corn juice is rich in antioxidant content, it will act as a protector and a remedy against cancer. The antioxidants help in halting tumor, cancer growth and kill cancer cells due to its combination of anthocyanin, Vitamin C and E.

Anthocyanin helps also in keeping off electrons to free radicals that don't have them. It also neutralizes and makes the electrons harmless. The more the anthocyanin that is contained in the body, the better the disarming of the free radical. The radicals can destroy cells, and the immune system.

### **4. Anti-inflammatory**

A research had been conducted and it is proven as anti-inflammatory response of C3G. The response is believed to be inherent from anthocyanins.

### **5. Blood pressure**

If high blood pressure is not treated, it can lead to heart disease, memory loss, vision loss, stroke and kidney damage. A report from the "Journal of Nutritional Science and Vitaminology" states that purple corn anthocyanins lowers the high blood pressure.

### **6. Anti-aging**

Since purple corn gives collagen health and it has a super Vitamin E, it will definitely delay aging. The most importance is that it gives energy and vigor and thus you can enjoy life, hence delaying aging. The purple corn enables the body to reproduce new and healthier cells.

### **7. Inhibits Diabetic Kidney Damage**

The purple corn reduces inflammation and this plays an important role in the onset and progression of the diabetic kidney damage.





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## Various Sprouted Grain Products in the Market



Sprouted Bread



Sprouted Bread



Sprouted Tortillas



Sprouted Pasta



7-11 Sprouted Chips



Aldis Sprouted Bread







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## **Product Concepts for Sprouted Purple & Blue Corn**



Sprouted Purple Corn Chip



Mexico French Bread (Bolillos)  
With sprouted Purple & Blue Corn



Sprouted Purple Corn



Sprouted Blue Corn





## Whole Grains Council

Historically, many of our grains sprouted accidentally, a happenstance that modern techniques have largely eradicated. Now, however, we're learning that we may be missing out by turning our back on sprouting; new techniques of controlled sprouting give us the best of the past, for better health.



### WHAT IS A SPROUTED GRAIN?

Grains are the seeds of certain plants, largely cereal grasses. Like all seeds, grain kernels are a marvel of nature, containing the potential of a whole new plant, patiently waiting its turn in the sun.

All three edible parts of the whole grain – the germ, endosperm, and bran – are crucial to creating the new plant. The germ is the plant embryo, which, when it grows, will feed on the starchy endosperm. The bran layers provide some additional nutrients and — along with the

inedible husk found on many grains – help protect the grain seed until it's ready to start the growth cycle.

Until then, the seed counts on certain built-in growth inhibitors to keep it from germinating until temperature and moisture conditions are just right. Then, once sprouting starts, enzyme activity wipes out these growth inhibitors and transforms the long-term-storage starch of the endosperm to simpler molecules that are easily digested by the growing plant embryo.

Just as the baby plant finds these enzyme-activated simple molecules easier to digest, so too may some people. Proponents of sprouted grains claim that grains that have just begun sprouting – those that are straddling the line between a seed and a new plant, as shown here — offer all the goodness of whole grains, while being more readily digested.

What's more, the sprouting process apparently increases the amount and bio-availability of some vitamins (notably Vitamin C) and minerals, making sprouted grains a potential nutrition powerhouse.

There is at this time no regulated definition of 'sprouted grain.' Consumers who want to understand what they are eating, and companies who are considering manufacturing or marketing sprouted grains may find it useful to review and compare existing industry definitions.

### CONTROLLED SPROUTING FOR MAXIMUM BENEFITS

Until about a hundred years ago, humans harvested their grains, tied them into sheaves, and left them in the field until they were ready to thresh the grain. Inevitably, with this exposure to the weather, at least some of the grain would begin to sprout.





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## Rice Germinating Equipment

While a little sprouting appears to be good for us, there's a sweet spot. Just the right amount of time, temperature, and moisture are necessary to start the germination process. Too much moisture, and the grain drowns, with the seed splitting open not from the force of an emerging, vibrant seedling but instead, simply from waterlogged swelling. Or, the sprout may begin to emerge but then, if the moisture source is not removed, it can begin to ferment or even to rot. Time is important too: if a healthy sprout continues to grow indefinitely, it becomes a new grass stalk, losing its digestibility, since humans can't properly digest grasses.

Fortunately, companies marketing sprouted grains today don't simply leave their grains randomly in the field. They sprout their grains under carefully-controlled conditions, with just the right amount of moisture and warmth, until the important enzymatic processes are at their peak, and then they use the sprouted grains to make products.

## DRY OR WET?

Companies making sprouted grain products currently use two different approaches – dry and wet – once the grains are sprouted.

**The Dry Approach.** Some companies sprout the grain then dry it, to lock in this ideal stage. At this point, the sprouted grain can be stored until it's cooked as a side dish, or it can be milled into sprouted grain flour, which is in turn used to make a wide variety of products.

**The Wet Approach.** Alternately, other companies mash the wet, sprouted grains into a thick purée which is used to make breads, tortillas, muffins and other products. These products are often described as “flourless” and are frequently sold frozen.

## HEALTH BENEFITS OF SPROUTED WHOLE GRAINS

Sprouting grains increases many of the grains' key nutrients, including B vitamins, vitamin C, folate, fiber, and essential amino acids often lacking in grains, such as lysine. Sprouted grains may also be less allergenic to those with grain protein sensitivities.

The pace of research is quickening, with studies documenting a wide range of health benefits for different sprouted grains. Here are just a few:

Sprouted brown rice fights diabetes.

Sprouted buckwheat protects against fatty liver disease.

Cardiovascular risk reduced by sprouted brown rice.

Sprouted brown rice decreases depression and fatigue in nursing mothers.

Decreased blood pressure linked to sprouted barley.



## SPROUTED-Gluten Free Ancient Grains

- ❖ Amaranth
- ❖ Buckwheat
- ❖ Purple Corn
- ❖ Blue Corn
- ❖ Red Corn
- ❖ Yellow Corn
- ❖ Millet
- ❖ Quinoa
- ❖ Sorghum

\*Sprouted ancient grain blends available upon request

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## NON SPROUTED-Ancient Grain Blends

### ❖ Multigrain Blend- KF 17-3A

5-Grain Blend (Flax, Millet, Brown Rice, Quinoa, Amaranth)

### ❖ Multigrain Blend-LH 23-4

5-Grain Blend (Flax, Millet, Brown Rice, Salt, Quinoa, Amaranth)

### ❖ Multigrain Blend- NB 20-2

Flax, Brown Rice, Sunflower Seeds, Evaporated Can Juice, Sesame Seeds, Honey

### ❖ Multigrain Blend-PC 9-3

Brown Flax Seeds, Brown Rice, Evaporated Cane Juice, Sesame Seeds, Sunflower Seeds, Honey Crystals

\*Custom blends available upon request