



## [Sprouts, the Superfood; to be consumed everyday for better health](#)



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**Sprouting** is the practice of germinating seeds to be eaten raw or cooked. Sprouts can be germinated at home or produced industrially. It is extremely important to understand that by sprouting, a seed from a dormant state gets transformed & vitalized to permit germination & provides every possible nutrient for the plant to grow. Thus, one can understand that sprouts are powerhouse of nutrition & to be most optimally consumed by human.

### **Nutritional Value Of Sprouts**

All of the nutritional and medicinal benefits of sprouts are derived from their impressive vitamin, mineral, and organic compounds content. Sprouts contain a significant amount of protein and dietary fiber, as well as vitamin K, folate, pantothenic acid, niacin, thiamin, vitamin C, vitamin A, and riboflavin. In terms of minerals, sprouts contain manganese, copper, zinc, magnesium, iron, and calcium. Many of these component nutrients increase dramatically as the sprout continues to develop. Along with all of those components, sprouts are also a rich source of enzymes that are essential for health. In general, sprouts are often more concentrated in certain nutrients—including some key antioxidants—when compared with fully mature plants. For example, one cup of broccoli sprouts can contain as much as 7.5 milligrams of vitamin E, in comparison to the 1.5 milligrams that are present in one cup of fully mature raw or cooked broccoli. In the case of selenium, a key antioxidant mineral, the difference is even greater. One cup of broccoli sprouts can contain up to 28 micrograms of selenium, while a cup of fully mature broccoli (raw or cooked) will usually contain about 1.5 micrograms. In summary, it can be said that they are Superfood.

**Common Sprouts:** All viable seeds can be sprouted, but some sprouts should not be eaten raw.

Pulses: Fenugreek, lentil, pea, chickpea, mung bean and soybean.

Cereals: oat, wheat, maize (corn), rice, barley, and rye.

Oil seeds; sesame, sunflower, almond, linseed, peanut.

Other vegetables and herbs

## Health Benefits of Sprouts

Organic Facts  
www.organicfacts.net



-  Aid in digestion
-  Boost immune system
-  Aid in weight management
-  Protect body against cancer
-  Improve blood circulation in body
-  Help to reduce risk of heart ailments
-  Help in growth and development of body
-  Reduce risk of neural tube defects in infants
-  Help to prevent cataracts and macular degeneration
-  Inhibit growth of cold sores and reduce effect of allergic reactions and asthma

Caution: Wash well before use to prevent any type of microbial infection

## Your Guide to Sprouting

Sprouting increases the nutritional value of raw foods and makes them easier to digest.

### Step 1

**Soak** your seeds, nuts, whole grains, or legumes overnight.

### Step 2

**Rinse** with fresh water in the morning, and then every 12 hours for 3-4 days.

### Step 3

**Store** upside down in a glass jar with a cheese-cloth over the top, or a sprouting bag.

### Step 4

**Expose** the fresh sprouts to sunlight before eating to increase chlorophyll absorption.



**Tips / Caution:**

There is always risk of contamination & food poisoning. Therefore, following tips to be followed

1. Wash well.
2. Don't touch with contaminated hands.
3. Don't use if they smell bad or slimy to touch.
4. Don't use again, if in the past you developed some allergic reaction with a particular sprout.
5. Store them hygienically in the refrigerator.
6. It is better to heat, steam or cook them, though it might minimally reduce their nutritional value but will ensure safety against possible infection.
7. It is better to prepare at home. Procuring from the market, makes one unsure about bacteriological safety.
8. While sprouting, a short exposure to Sun also enhances Chlorophyll content & nutritional value

**Recommendation**

One should have more sprouts daily desirably Multigrain.

**Eat More Sprouts! Grow More Often!**