

Sprout Nutrition

Alfalfa:

- Vitamins: A, B1, B3, B5, B6, B12, C, D, E, K
- Minerals: calcium, potassium, magnesium, iron, copper, selenium, zinc
- Protein
- Saponins (help remove plaque from the arteries and lower LDL—bad—cholesterol levels);
- Plant sterols: build up the immune system and lower cholesterol;
- Chlorophyll: helps control hot flashes and supports estrogenic functions;
- Canavanine: an amino acid that can protect against pancreatic, colon and leukemia cancers.
- Increases HDL—good—cholesterol levels.

Broccoli:

- Amino acids
- Vitamins C, E and A
- Minerals: many, especially potassium and sulfur
- Chlorophyll;
- Sulforaphane and glucoraphanin (among other phytochemicals): protect against cancers and harmful oxidation; 3-day old sprouts contain 20-50 times more protection than do the mature broccoli plants;
- Indole-3-carbinol: protects against skin cancers, inhibits skin tumours and reduces breast tumours.
- Powerful anti-cancer nutrition, also lowers high blood pressure and LDL (bad) cholesterol levels. Helpful for inflammation.

Buckwheat (sprouts and lettuce):

- Protein
- Minerals: iron, calcium, phosphorous
- Vitamins: B complex, vitamin E,
- Bioflavonoids (Detox body, enhance immune system)
- Rutin (arteries, circulatory system)
- Lecithin (helps eliminate excess cholesterol)
- Chlorophyll

Fenugreek:

- Vitamin A, E
- Minerals: Iron, phosphorus, sulfur
- Protein
- Saponins: sterols and sterolins that inhibit intestinal absorption of cholesterol.
- Cleanses blood and kidneys; reduces blood-sugar levels in diabetics. Good for anemia and infections also.

Garlic Chives:

- Vitamins: A, B, C, E
- Minerals: Calcium, Phosphorous, Iron, Magnesium, Sulphur.
- Lower LDL—bad—cholesterol
- Strengthen immune system
- Tonic effect on nervous system

Lentils (green):

- Rich in protein (24%); minerals iron, calcium, phosphorus, potassium; vitamins A, B complex, C, E, folic acid; phytates (anti-cancer)

- High fibre (reduces LDL—bad—cholesterol , regulates blood sugar levels and possibly reduces high blood pressure)
- Indications: high LDL (bad) cholesterol levels, high blood pressure, regulates insulin
- Anti-cancer (lignans and protease inhibitors).

Mung beans:

- Rich in protein (esp. methionine); choline
- Minerals: calcium, magnesium, phosphorus, potassium; trace elements zinc, chromium, iron.
- Vitamins: A, B complex, C, E
- Reduces LDL (bad) cholesterol levels, high blood pressure, regulates insulin
- Anti-cancer (lignans and protease inhibitors).

Peas:

- Vitamin A
- Minerals: iron, potassium, magnesium
- Protein: 22%, contains all eight essential amino acids
- Carbohydrates, fibre , chlorophyll
- Rich in protease inhibitors (anti-cancer agents), fibre (reduces LDL—bad—cholesterol , regulates blood sugar levels and possibly reduces high blood pressure).

Radish:

- Vitamins A, B1, B6, C. Compared to milk: 29 x more Vit. C, 4 x more Vit. A.
- Folic and pantothenic acids, niacin, potassium, iron and phosphorous.
- Chlorophyll
- Mineral: calcium
- Expectorant, anti-septic, anti-putrefactive and diuretic.
- Indications: colds, chest and sinus congestion, bronchitis, whooping cough, asthma (long term), rheumatism, worms; Small amounts stimulate appetite. Urinary tract, bladder and kidney problems.

Sunflower seeds:

- Vitamins: A, B complex, C, D, E
- Minerals: calcium, iron, phosphorus, potassium, magnesium; trace elements: manganese, zinc, copper, chromium; iodine. Unsaturated fatty acids include omega-6.
- fibre
- Protein: 30%

Sources:

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