



KAMUT® khorasan wheat

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KAMUT® brand khorasan wheat is an ancient relative of modern wheat, light and digestible (different gluten), high in selenium, zinc and magnesium. It contains more protein, lipids, amino acids, vitamins and minerals. It has a naturally sweet and nutty flavour. It has never been genetically modified and is always organically grown.



Nele Callebert
Regional Director
– France, Benelux,
UK, Ireland
Kamut Enterprises
of Europe bvba



“Could it be possible that not only can your wheat-intolerant customers eat wheat products again but also that IBS sufferers could see symptom improvements too? The short answer is ‘Yes’. Modern gluten problems associated with wheat have been caused by intensive farming and adulterating the original strains. So by re-introducing an ancient wheat strain, KAMUT® quality khorasan, the original healthy characteristics of wheat have been returned and, significantly, research published in the British Journal of Nutrition (March 2014) showed that patients experienced ‘a significant decrease’ in the severity of IBS symptoms after replacing modern wheat with KAMUT® khorasan products in the diet.”

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KAMUT® KHORASAN WHEAT

Why an unadulterated ancient crop is finding its way onto the shelves of independent health food stores.

Sometimes the old ways are the best ways to avoid the corruption of modern food and the upward trend of disease and allergies.

With its soft texture, natural flavour and its nutty taste, organically-grown KAMUT® khorasan wheat has never been genetically modified or changed in any way by intensive modern breeding programmes. It is also appreciated for its nutritional values and its great versatility.

Khorasan was re-introduced to the world in the late 1980s by Bob Quinn, an organic farmer and research scientist who took an interest in this ancient wheat and discovered its great taste, its exceptional nutritional value and the fact that people with wheat sensitivities can eat it.

This grain is an excellent alternative for modern wheat. A study by the USA International Food Allergy Association reveals that 70% of the people who were tested, and who were non-coeliac but sensitive to modern wheat, had no difficulty eating KAMUT® khorasan products.

A sponsored scientific research programme is studying KAMUT® khorasan's anti-inflammatory, anti-oxidant and dietary fibre properties, and its effects on irritable bowel syndrome, circulatory problems and heart disease, DNA fingerprinting and food sensitivities (see website for details).

ANCIENT HISTORY

This ancestor of modern wheat originated in Mesopotamia and spread throughout the Fertile Crescent, a territory spanning the region from Egypt through the Levant to the valleys of the Tigris and Euphrates.

But in the past century modern breeding programmes have bowed to the need for higher yields, strains resistant to plant diseases and modifications to aid production techniques. These ignore the resulting flavour, nutritional values and sustainable organic farming.

Kamut Enterprises of Europe (KEE) registered the KAMUT® trademark in 1990 in order to:

- Protect the original characteristics of ancient khorasan wheat
- Guarantee quality for the consumer, and
- Promote organic farming.

The farmers are paid a fair and generous price as a compensation for the smaller yield in order to ensure the profitability of their operation. They are also supported with research and technical advice.

KEE respects seven quality criteria for the farming of KAMUT® khorasan wheat. It must:

1. Be grown from original KAMUT® brand khorasan wheat seeds
2. Be grown exclusively as a certified organic product
3. Have a protein content of between 12% and 18%
4. Be 99% free of contamination by modern wheat varieties
5. Be 98% free of any signs of disease
6. Contain between 400 and 1000 ppb selenium
7. Have correctly labelled packaging with a clear description of its true contents.

THE BENEFITS

This ancient wheat provides more energy than modern wheat and contains 20% more proteins, more lipids, essential amino acids, vitamins and minerals such as zinc, magnesium, Vitamin E and selenium, a trace element well-known for its antioxidant properties.

With its unique flavour and ease of digestibility, this is the ideal grain to prepare lots of different dishes from complete meals to quick snacks. It's also suitable for active people, growing children and athletes who are looking for high-energy, healthy and balanced food. Thanks to its very light taste, it can be easily used to prepare sweet dishes without having to add sugar.



Beyond flour, which is the basic ingredient for bread, pancakes, biscuits and cakes, KAMUT® khorasan wheat is also ideal for snacks, breakfast cereals, muesli, pasta, bulgur, couscous, pizzas, starters and, surprisingly, syrup, drinks, wheatgrass juice etc.

It's hardly surprising that KAMUT® khorasan products are present in products supplied to most organic retail shops and bakeries in Europe. To find all the available KAMUT® khorasan products produced in your region, visit www.kamut.com and click through Products/Product search/select country/choose product.

KAMUT® khorasan grain and flour in 25 kg, 50 kg and bulk quantities is available by contacting first level distributors: www.kamut.com/Products/1st level importers.

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