



The ancient grain for modern life

KAMUT® khorasan wheat, with its soft and nutty flavour, is appreciated for its high nutritional values and its light digestibility.

Nutritional value and energy.

KAMUT® khorasan wheat provides more energy than modern wheat and contains more proteins, amino acids, vitamins and minerals such as zinc, potassium, iron, phosphorus, magnesium and above all, selenium, a trace element that is known for its strong antioxidant properties.

Digestibility and research.

KAMUT® khorasan wheat has never been genetically manipulated and contains a less complex gluten which is easier to digest. It is an excellent alternative for modern wheat. A study indicated that many people with non-coeliac modern wheat sensitivity had no or little problem eating KAMUT® khorasan products.



Taste the difference.

Thanks to its unique flavour and ease of digestibility, KAMUT® khorasan wheat is the ideal grain for many different dishes from a quick snack to a complete meal. Also the softer taste of this grain eliminates the need for extra sugar added to many products.

Besides flour, which is the basic ingredient for bread, pancakes, biscuits, cookies and cake, this cereal is also ideal for snacks, breakfast cereals and muesli, pasta, bulgur, couscous, pizza, vegetable drinks, beer, wheatgrass juice, etc.

Recipes are available on www.kamut.com

Origin.

An ancestor of modern wheat, khorasan wheat originated in Mesopotamia, which is situated within the Fertile Crescent, an area in the Middle East stretching from Egypt to the Tigris and Euphrates valleys.

The KAMUT® brand guarantees:

- ancient khorasan grain
- always grown organic
- never genetically modified
- protein range of 12-18%
- between 400 to 1000 ppb ($\mu\text{g}/\text{kg}$) selenium
- 98% free of all signs of disease
- 99% free of contaminating varieties of modern wheat

What is the science saying:

- high nutritional value
- antioxidant and anti-inflammatory properties
- beneficial for gut health
- improvement of symptoms of irritable bowel syndrome
- reduction of cardiovascular risk factors
- beneficial for non-coeliac gluten sensitivity people
- protection against the development of diabetes complications

Complete research results can be found on www.kamut.com

All this is possible thanks to:

- organic farming
- audits to distributors
- the high quality guarantee of the KAMUT® brand
- the possibility to check the purity of finished products

Where to buy.

KAMUT® khorasan products are available in most organic shops, health food shops and bakeries. The flour in consumer packages is available in the online shop of Doves Farm Foods on www.dovesfarm.co.uk as well as recipes. All available KAMUT® khorasan products, by country and by category, can be found on www.kamut.com

Please email any questions to nele.callebert@kamut.com.

KAMUT®
BRAND KHORASAN WHEAT



Growing area

Our experience from 20 years of growing trials in Europe and throughout the world has shown that khorasan wheat very sensitive is to disease and other problems caused by moist climates. This affects quality, colour and flavour. For this reason and to be able to guarantee consistently the quality criteria of the KAMUT® trademark, the wheat is currently grown in North America. It grows best in the dry prairies of southern Saskatchewan (Canada) and in the northern Montana (USA) on soil that is rich in selenium and other minerals. Summers are warm and dry and it almost never rains during the 6 weeks prior to the harvest in mid-August to mid-September so that the grain is protected against diseases.

Khorasan wheat originates from a very dry climate and can only preserve its original characteristics if it is grown in the same conditions. This is similar to basmati rice, which has its origin in northern India. Research has shown that basmati rice grown in other regions loses its typical flavour and quality after a few years of production.

We continue to perform growing trials, closer to Europe, which have appropriate climate and growing conditions.



Selenium

KAMUT® khorasan is grown on soil which is rich in selenium. Selenium is a trace element that used to be present in European agricultural land. Intensive farming for several thousand years has significantly reduced the selenium concentration in European soils. As a result, a very big part of the European population suffers from selenium deficiency without even knowing it.

This selenium deficiency is linked to increased risk of cancer, the weakening of the immune system, increased cholesterol levels and early degeneration of muscle tissue (causing balance problems and other issues, particularly in senior citizens). According to official sources, every adult needs about 50 microgram of selenium per day. However, numerous scientific studies have shown that 200 microgram per day offers true protection. Because of its natural selenium content, KAMUT® khorasan wheat already covers the daily requirement of this essential trace element when eating at least 200 g of KAMUT® khorasan bread, pasta or other products.

Protein quality

Ancient grains contain more soluble proteins and the body can extract more of the essential amino acids lysine and threonine from KAMUT® khorasan proteins. These protein elements cannot be produced by the body, but must be in the food we eat.

