

Super Grains

The healthiest grains to include in your diet.

There's an abundance of grains available on the market now that are packed full of nutrition and offer unique flavours and textures to dishes. These healthy grains have grown in popularity across recent years as we've become more aware of their health benefits and the fact that they are a rich source of plant-based protein.

Another factor that's helped them become more popular is the fact that most of them are gluten-free, but they are also packed with a variety of vitamins, minerals and antioxidants, and are high in dietary fibre. Some also contain omega-3 and omega-6 fatty acids, as well as the essential amino acids.

If you're looking for inspiration, here are six healthy grains to include in your diet:

1. Amaranth

Amaranth is one of the most protein-rich plant-based foods, and contains high levels of minerals such as calcium, iron, zinc, potassium, phosphorus, copper and magnesium, as well as vitamins A, C, E, K, B5 and B6. The protein in amaranth is more digestible than that found in other seeds and grains, and has been compared to the digestibility of milk protein. Amaranth is gluten-free and is also high in the essential amino acid lysine, which aids calcium absorption, helps

muscle growth and energy production.

2. Khorasan Wheat

Khorasan wheat or oriental wheat, commercially known as kamut, is an ancient grain type and is twice the size of modern-day wheat. It is known for its rich, nutty flavour and contains more protein, lipids, amino acids, vitamins and minerals than standard wheat. It's a rich source of protein, dietary fibre, manganese, iron and magnesium, and also contains potassium, calcium and vitamin B6. Khorasan wheat does contain gluten, but it is less complex and therefore easier to digest.

3. Quinoa

Quinoa is by far the most popular ancient grain and in fact is one of the world's most popular health foods. Quinoa is gluten-free, a fantastic source of protein and one of the few plant foods that contains all nine essential amino acids. It's also high in fibre and rich in beneficial antioxidants, vitamins and minerals – including magnesium, iron, zinc, potassium, calcium, phosphorus, B vitamins and vitamin E.

4. Spelt

Spelt is a fantastic source of fibre; one cup contains 19g which is 74 percent of the recommended daily allowance. It's also rich in

omega-6 fatty acids and manganese; one cup of spelt contains 260 percent recommend daily allowance. It contains a variety of vitamins including E, K, thiamin, riboflavin, niacin, folate and B6, and minerals including iron, magnesium, phosphorus, potassium, zinc, copper and selenium.

5. Teff

Teff is gluten-free and high in protein with a great combination of eight essential amino acids, needed for the body's growth and repair. It's rich in dietary fibre; one cup contains 62 percent of your recommended daily allowance, as well as a variety of minerals – including calcium, iron, magnesium, phosphorus, potassium, zinc copper and selenium. It contains the highest percentage of the mineral manganese. Teff also contains a number of vitamins, including K, thiamin, riboflavin, niacin and B6.

6. Millet

Like the other ancient grains mentioned, millet is another fantastic protein source; one cup contains 44 percent of your recommended daily intake. It's also rich in dietary fibre, omega-3 fatty acids and is easily digested. It's a good source of thiamin, riboflavin, niacin, vitamin B6 and folate, as well as the minerals iron, magnesium, phosphorus, zinc, copper and manganese. TH

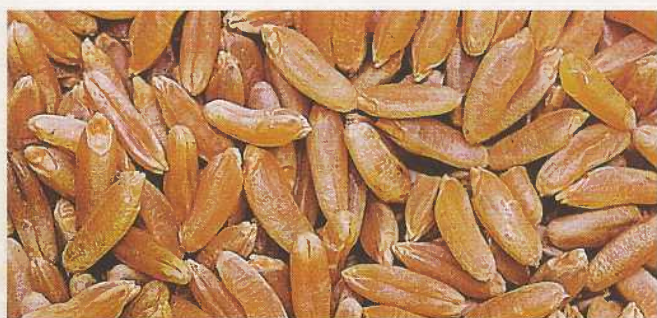


The ancient grain for modern life

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.



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.

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 name of the wheat is khorasan and the KAMUT® brand guarantees:

- ancient khorasan grain
- always grown organic
- never genetically modified
- protein range of 12-18%
- between 400 to 1000 ppb (µg/kg) selenium

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.

What is the science saying:

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

The program is available on www.kamut.com

Where to buy.

KAMUT® khorasan products are available in most organic shops, health food shops and bakeries.

All available KAMUT® khorasan products, by country and by category, can be found on www.kamut.com

