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## Ancient Grains Bring Healthy Nutrition In 2011

Whole Grains Are an Important Key to Upholding Healthy New Year's Resolutions

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We've reached a point, for the first time in history, where the food chain has been industrialized to a point that food labels read like a chemical experiment. With 70% of America's Midwestern agricultural land shifting to single crop corn or soybean farms, these commodity farmers can only survive by producing maximum yields. It requires a tremendous amount of ingenuity on the part of the food industry to turn these two crops into a continuous stream of processed and packaged foods to feed consumers way more calories than they actually need.

The high incidence of obesity and diabetes in the US is alarming and deadly, but consumers do have choices and many are finally starting to choose to buy more simple, nutritious foods. Ancient grains such as KAMUT® brand khorasan, spelt, amaranth, quinoa, millet and einkorn are prime examples of foods consumers can revert back to in order to gain health benefits that modern grains no longer contain.

"As a country, we are well-fed but not well-nourished," commented Bob Quinn, President and Founder of Kamut International, "KAMUT® brand grain can build an important bridge back to foods that are more nutritional, rather than just providing cheap volume."

In a time where we've had to resort to investigative journalists to tell us where our food is coming from—often with unappetizing answers—it's time to turn back to real food. Kamut International is helping to educate consumers about finding quality, organic, heirloom foods—starting with KAMUT® brand khorasan wheat. Organic foods have been a growing trend among health-conscious consumers for years. Now the market has caught up and there are more organic food choices in the aisles of the majority of supermarkets, making them more readily available to all consumers.

Beyond organic, heirloom foods such as ancient grains are also being readily embraced as they often provide easier digestion and deliver optimum nutrients. Heirloom crops come from seeds that have been around for generations and as such are free of hybridization and GMO (Genetically Modified Organism) manipulation.

In 1986, Bob Quinn, being the farming futurist he is, introduced the natural food industry to an ancient khorasan wheat, a giant relative of durum wheat that was brought to Montana from Egypt—under the brand name, KAMUT®, (the ancient Egyptian word for wheat). Through the trademark KAMUT®, the company has been able to preserve an ancient grain and guarantee that it has not been genetically modified or altered. KAMUT® brand wheat is grown under strict production guidelines and is exclusively, organically grown through a cooperating group of organic family farmers in the USA and Canada.

The benefits of KAMUT® brand products are similar to those of most heirloom foods, the most important being that the body is able to digest heirloom foods much easier than modern foods. In fact, studies have shown that many people with severe wheat sensitivities do not have the same issues with KAMUT® brand grain as they do traditional wheat—making it a delicious option for them to be able to enjoy some of their favorite foods.

Even those without wheat sensitivities will notice the difference in KAMUT® brand grain when it comes to their digestive system. It is higher in protein and minerals such as zinc, selenium and magnesium. Also, it is has a higher percentage of lipids, which produce more energy in the body than carbohydrates. Overall, KAMUT® brand products promote wholesome eating and good health, as opposed to consuming calories which are low in nutrition.

"We continue to research KAMUT® brand khorasan wheat to understand the true extent of health benefits consumers gain from eating it," commented Bob Quinn. "Right now, a study on the high antioxidant level is being done, with results expected in January, 2011."

As more people turn back to real food as their source of good nutrition and nourishment, heirloom grains like KAMUT® brand wheat, will only gain in popularity. This unique-tasting grain can be found in a variety of (over 2,000) healthy and organic food options on the shelves throughout North America and Europe including breads, pastas, flat breads, cereals, pizza, soups and chili. It can also be purchased as grain or flour for cooking and baking. Its naturally sweet, nutty flavor turns simple recipes into highly nutritious, flavorful meals and treats.

About KAMUT® Brand Khorasan Wheat

The mission of Kamut International is to promote organic agriculture and support organic farmers, to increase diversity of crops and diets, and to protect the heritage of a high quality, delicious ancient grain for the benefit of this and future generations. KAMUT® is a trademark of Kamut International and it stands for guaranteed standards that are verified by tests from every field.

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Welcome to the official site for KAMUT® brand khorasan wheat. Here you can find a variety of information about this ancient wheat, which is produced with passion, fairness and respect for the earth.



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