Top 8 Benefits of Sprouting (from https://draxe.com/sprout/)

1. Increases Nutrient Absorption — B12, Iron, Magnesium and Zinc

According to researchers, sprouting foods for a limited period "causes increased activities of hydrolytic enzymes, improvement in the contents of certain essential amino acids, total sugars, and B-group vitamins, and a decrease in dry matter, starch, and antinutrients."

By sprouting seeds, nutrients, including amino acids (the building blocks of proteins), sugars in the form of glucose, and even vitamins and minerals become more available and absorbable. For example, studies have found that folate increases in sprouted grains up to 3.8-fold.

Other studies find that when soaking seeds for about one week, improvements in the concentration of vitamins C and E, beta-carotene, and antioxidants ferulic acid and vanillic acid can all be observed. For example, a 2012 study found that vitamin C levels, plus phenolic and flavanoid antioxidants, significantly increased in mung bean sprouts when germinated for up to eight days.

Another study found that vitamin C, **vitamin E** and beta-carotene (a form of **vitamin A**) were all barely detectable in the dry grains. However, sprouting the grains increased their concentrations significantly, with peak concentrations of the nutrients observed after seven days of sprouting.

2. Makes Foods Easier to Digest

For many people, eating grains, beans, nuts and seeds is problematic when it comes to digestion and frequently causes **inflammation**. A major benefit of sprouting is that is unlocks beneficial enzymes. These enzymes make all types of grains, seeds, beans and nuts easier on the **digestive system**. This also helps increase beneficial flora levels in the gut so you experience less of an autoimmune type of reaction when you eat these various forms of seeds.

Especially with grains, these methods also help break down complex sugars and starches. This makes the grains more digestible. In recent studies, the digestibility of storage proteins and starches improved due to partial hydrolysis interactions that took place during sprouting.

Studies even show that grains become easier to digest and break down for those with diabetes after they've been sprouted because of changes in the amount of phenolic acids and enzymes available. Both short- and long-term sprouting

helped diabetics regulate **amylase**-enzyme activity that is needed to properly digest glucose.

More research is needed, but this may be helpful in the future as a treatment option for helping those with **insulin resistance** to properly digest and use glucose (sugars) found in high-glycemic foods.

Even more digestive benefits can be found in fermented grains, because these contain **probiotics**. Probiotics inhabit the gut flora with healthy "good bacteria" while decreasing the presence of harmful "bad bacteria." This helps digestion, detoxification and nutrient absorption.

3. Decreases Antinutrients and Phytic Acid

Sprouting helps drastically cut down on the level of carcinogens and antinutrients present within seeds. Carcinogens, known as aflatoxins, are present naturally within plant foods. This includes peanuts, almonds, corn and other nuts. These can act like toxins within the digestive tract and may cause a range of digestive problems. Antinutrients, including phytic acid, have the ability to leach on to minerals and make them unabsorbable by the body.

Another study found that sprouted and fermented nuts contained significantly less tannins, another type of antinutrient toxin, than unsprouted nuts did. Sprouting the nuts freed nutrients from being bound and unabsorbable, while also improving the nutrient content of the nuts to some degree.

Because sprouting helps reduce the presence of antinutrients, improvements in digestibility and nutrient absorption are commonly seen when people switch from unsprouted foods to sprouted foods.

4. Increases Protein Availability

Depending on the exact seed that is sprouted, proteins in the form of amino acids can become more concentrated and absorbable in sprouted foods. Some studies have shown that an increase in amino acids, including **lysine** and **tryptophan**, can take place when seeds are sprouted. However, the protein gluten can also decrease in grains when sprouted.

While the concentration of different proteins in sprouted foods seems to vary, most studies indicate that proteins become more digestible when the seeds are sprouted. When a seed begins to sprout, natural chemical changes take place. As a result, enzymes are produced to convert nutrients for the growing plant to utilize. As sprouting continues, complex proteins are converted into simple amino

acids, making them easier on digestion. Which sprouts are rich in protein? Examples include sprouted lentils, mung beans, adzuki beans, garbanzo beans and peas.

5. Increases Fiber Content

Several studies have found that when seeds are sprouted, their **fiber** content increases and becomes more available. Reports show that sprouting increases concentrations of crude fiber, which is the fiber that makes up the cell walls of plants. When we consume plant's crude fiber, the fiber cannot actually be absorbed within our digestive tracts. Therefore it helps push waste and toxins out of the gut and regulate bowel movements.

Are sprouts useful for reducing your appetite, and can sprouts help you lose weight? It's possible that because sprouted seeds offer more bioavailable protein and fiber, they may lead you to feel fuller. Increased **satiety** after eating sprouts can potentially help with curbing your appetite and portion control.

6. Breaks Down Gluten for Easier Digestibility

In a 2007 study published in the *Journal of Agriculture and Food Chemistry*, researchers sprouted wheat kernels for up to one week. They analyzed them at different stages to learn the effects of changes in gluten concentrations and other nutrient levels. They found that sprouting decreased gluten proteins substantially. Plus, it was also able to increase folate and dietary fiber.

Other studies have shown that as time goes on, sprouted flours can further decrease in **gluten**, while the availability of total amino acids (protein), fats and sugars becomes more easily available.

7. Helps Reduce Other Allergens Found in Grains

Aside from decreasing gluten protein concentrations, sprouting grains has been shown to help reduce other **food allergens** (especially one called 26-kDa allergen) that is found in grains like rice.

In one study, researchers found that sprouted **brown rice** contained much lower levels of two allergen compounds when compared to non-sprouted brown rice. They believed that the reduction was due to certain enzyme activities that took place during sprouting.

8. May Increase Enzymes and Antioxidants

According to a 2013 study, sprouting legume seeds can increase their nutritive value by raising phenolic and flavonoid antioxidant levels. When researchers sprouted the seeds, antioxidant levels significantly increased and improved free radical scavenging and anticancer activities when compared to the seeds that had not been sprouted.