

In order to maintain good health, 80% of the food should be alkaline and 20% should be acidic, which should necessarily include raw food and sprouts in good quantity. Sprouts are best medicine for the body. Sprouts are the germinated seeds of lentils or grains, and this germination process gives lot of beneficial qualities for health.

SPROUTS ARE NUTRITIOUS

Prabhudayal Malhotra

Sprouts are full of nutrition and the best source of a balanced food. Sprouts are alkaline in nature and hence improve the health; it is helpful in complete purification of the body and also improves the disease fighting capacity. Sprouts increase the nutritious value of the food.

In order to maintain good health, 80% of the food should be alkaline and 20% should be acidic, which should necessarily include raw food and sprouts in good quantity. Sprouts are best medicine for the body. Sprouts are the germinated seeds of lentils or grains, and this germination process gives lot of beneficial qualities for health.

Why are sprouts essential?

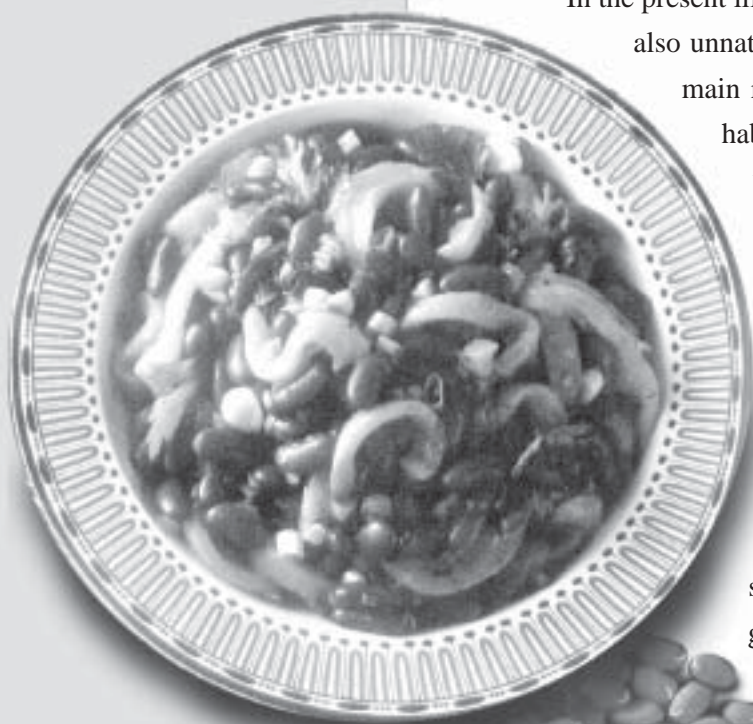
In the present life style, the food habits are changing fast and is also unnatural. This has a bad impact on the health. The main reason for most of the diseases is wrong food habits, life style and negative thinking. Sprouts are the best solution for improving wrong food habits.

The use of sprouts as a part of daily food fulfills the need for alkaline and acidic food requirement, which is important for maintaining good health.

Use of sprouts

Any healthy or unhealthy person can eat sprouts but the quantity should be less in the beginning and should be chewed properly. Cucumber, tomato, green chillies, coriander and lemon can be added to enhance the taste and also make it more nutritious.

Sprouts are not only nutritious but also



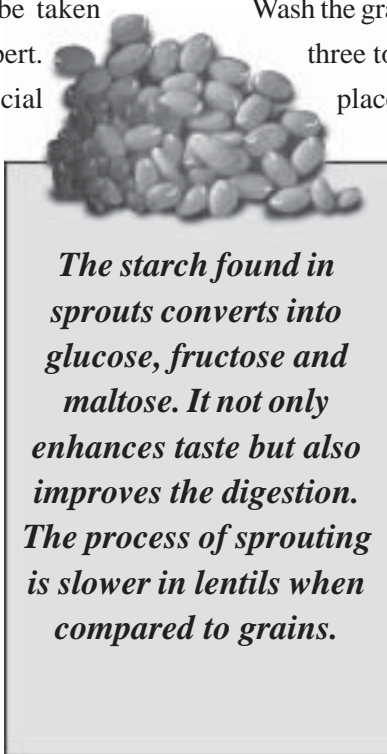
inexpensive. If an ill person consumes raw food then he or she can overcome health related problems very easily. If a healthy person eats sprouts regularly then he or she can prevent several diseases and also improve health.

All grains cannot be sprouted. Sunflower, pulses, kidney bean, gram, soybean, fenugreek, wheat seeds can be sprouted. These sprouts can be taken after consultation with doctor or an expert.

At the time of sprouting wheat, special care should be taken to avoid fungus formation. Use a glass jar to make wheat sprouts or some other special sprout makers that are available in the market and put it under sun in the morning.

Benefits of sprouts

- ❖ Sprouts are natural, fresh and complete food. It is easily digestible, controls weight and is tasty besides being nutritious.
- ❖ Some sprouts have more vitamin c, iron, riboflavin, and niacin, phosphorous. Therefore it is a good source of vitamin and minerals.
- ❖ The non-nutritional elements reduce after sprouting.
- ❖ The starch found in sprouts converts into glucose, fructose and maltose. It not only enhances taste but also improves the digestion. The process of sprouting is slower in lentils when compared to grains.
- ❖ Sprouts reach the different organs of the body quickly and give instant energy.
- ❖ Sprout is nutritious for the body in a natural way.
- ❖ Sprouts are complete food and free from adulteration.
- ❖ The body gets necessary nutrition from sprouts. Sprouts help the alcohol addicts to get rid of this problem.



❖ Sprouts should be taken raw as boiling, cooking or roasting destroys its nutrition value. However, it can be steam cooked. Old people, who cannot chew sprouts, should grind it and use the paste. This will not reduce the nutritional value of sprouts.

❖ Sprouts of kidney beans, fenugreek, gram and other grains can be made in a glass jar or damp cloth. Wash the grains or lentils thoroughly in water at least

three to four times. Remove the bad seeds and place the good ones in a glass jar and fill it with four times water. Soak overnight, and spread on a cotton cloth, tie it nicely and keep it aside. During summer season, sprinkle cold water on the sprout bag prepared in this manner to retain the moisture. Sprouts appear the next morning. Sprouting process takes more time during winter season than summer season. Sprinkle water inside jar also at regular intervals.

- ❖ Do not store the sprouts for many days. Use fresh sprouts and wash it once in water before eating.
- ❖ The seeds, grains or lentils chosen for making sprouts should be fresh, new, clean, and free from chemicals. Some seeds cannot be sprouted during this process. Select and remove the unhealthy seeds.

Best seeds suitable for sprouting

- ❖ Kidney beans can be easily sprouted. It contains vitamin A, E and C.
- ❖ Fenugreek has strong and bitter taste. It has curative power. It is used in the treatment of diabetes and arthritis.
- ❖ Gram is sprouted since ancient times. It provides vitamin, protein and minerals. Sprouts are like nectar and eat it raw to improve health.