

# Grains

- Due to their preparation most commercial breads are devoid of nutrients. (the bran and germ are removed during processing thereby removing the vitamins, minerals and fiber)- this is true for most white, wheat and even “whole grain”
- The chemical derivatives of the nutrients are not the same.
- Best – Sprouted (easily found at Trader Joes and Whole Foods)
  - Has 4x the amount of Niacin
  - 2x the amount of Vitamin B6, and Folate
  - 5x the amount of Vitamin C
  - Has more Protein and less Sugars and Starches