

By Dr. Mercola

Add Sprouts to Your Diet

One of the most nutritious powerhouses to add to your diet are sprouts. They are an authentic "super" food that many overlook or have long stopped using. In addition to their nutritional profile, sprouts are also easy and fun to grow in your own home as they don't require an outdoor garden.

They can contain up to 39 times the nutrition of organic vegetables grown in your own garden, and allow your body to extract more vitamins, minerals, amino acids and essential fats from the foods you eat. During sprouting, minerals, such as calcium and magnesium, bind to protein, making them more bioavailable.

Furthermore, both the quality of the protein and the fiber content of beans, nuts, seeds and grains improves when sprouted. The content of vitamins and essential fatty acids also increase dramatically during the sprouting process. Sunflower seed, broccoli and pea sprouts tend to top the list of all the seeds that you can sprout and are typically each about 30 times more nutritious than organic vegetables. While you can sprout a variety of different beans, nuts, seeds and grains, sprouts in general have the following beneficial attributes:

- Support for cell regeneration
- Powerful sources of antioxidants, minerals, vitamins and enzymes that protect against free radical damage
- Alkalinizing effect on your body, which is thought to protect against disease, including cancer (as many tumors are acidic)
- Abundantly rich in oxygen, which can also help protect against abnormal cell growth, viruses and bacteria that cannot survive in an oxygen-rich environment

Planting and Harvesting Sprouts at Home

I used to grow sprouts in Ball jars over 10 years ago but stopped doing that. I am strongly convinced that actually growing them in soil is far easier and produces far more nutritious and abundant food. It is also less time consuming. With Ball jars, you need to rinse them several times a day to prevent mold growth. Trays also take up less space. I am now consuming one whole tray you see below every 2-3 days and to produce that much food with Ball jars, I would need dozens of jars.

I am in the process of compiling more specific detailed videos for future articles but I thought I would whet your appetite and give you a preview with the photos below.



About to plant wheat grass and sunflower seeds – 2 days after soaking

Wheat grass and sunflower seeds – 3 ½ days post germination



Sunflower seeds and pea sprouts – 3 days until ready for harvest



Sunflower seed sprouts and wheat Grass – ready to harvest

My two favorites are pea and sunflower sprouts. They provide some of the highest quality protein you can eat. Sprouted sunflower seeds also contain plenty of iron and chlorophyll, the latter of which will help detoxify your blood and liver. Of the seeds, sunflower seeds are among the best in terms of overall nutritional value, and sprouting them will augment their nutrient content by as much as 300 to 1,200 percent! Similarly, sprouting peas will improve the bioavailability of zinc and magnesium.

I have been sprouting them now for a few months and they have radically improved the nutrition of my primary meal, which is a comprehensive salad at lunch. They are a perfect complement to fermented vegetables. My current salad consists of about half a pound of sunflower sprouts, four ounces of fermented vegetables, half a large red pepper, several tablespoons of raw organic butter, some red onion, a whole avocado and about three ounces of salmon or chicken. It is my primary meal. In the late afternoon, I typically only have macadamia nuts and [coconut candy](#) in addition to drinking 16-32 ounces of green vegetable juice. I break it up occasionally by going to a restaurant with friends.