



# Bean Sprouts



## ► Chickpea sprouts ◀

Chickpea sprouts are easy to prepare and take about two days to germinate, which is relatively fast. They have significantly more protein than other sprouts and are rich in nutrients.

Germination increases the number of isoflavones in chickpeas by more than 100 times. Isoflavones are a phytoestrogen; phytoestrogen is a plant compound that mimics the role of the hormone estrogen. Because estrogen levels fall as women reach menopause, eating foods rich in phytoestrogens may reduce menopausal symptoms, including osteoporosis and high blood cholesterol levels.

## ► Mung bean sprouts ◀

Germination increases flavonoids and vitamin C in mung bean by 7 and 24 times, respectively. In turn, this increases their antioxidant properties.

## ► Soybean sprouts ◀

Germination lowers the phytic acid level of soybeans, a nutrient that binds to minerals such as iron and interferes with their absorption.

## ► Adzuki bean sprouts ◀

Adzuki bean is a small red bean grown in East Asia that is very similar to mung bean. Like most sprouted beans, sprouting Adzuki beans increases the bean phenolic antioxidant content by 25%.



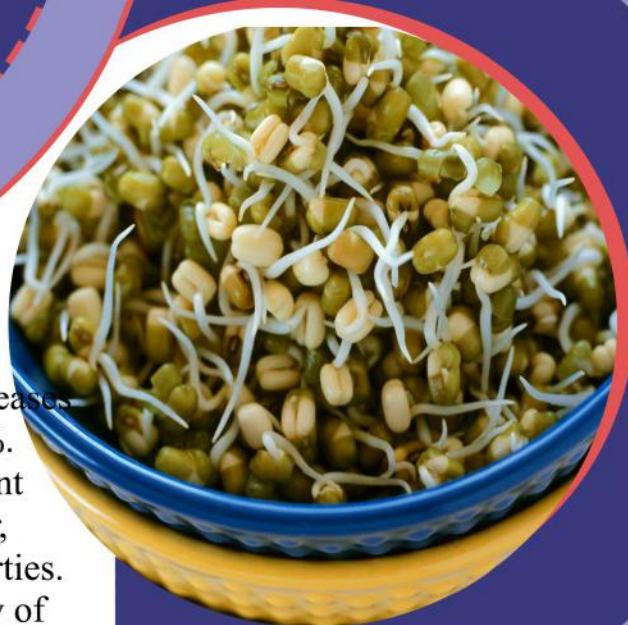
## ► Precautions in consuming bean sprouts ◀

In general, sprouts are a very perishable food.

Due to the humid environment needed for growth, the risk of bacterial infections such as Salmonella or E.coli is very high. People with weakened immune systems, such as children, the elderly, and pregnant women, should only eat cooked sprouts.

## ► Health benefits of bean sprouts ◀

- Cancer prevention
- Prevent heart attack and stroke
- Prevention of osteoporosis and osteoporosis
  - Boosting immunity system
  - Facilitate the process of digestion
  - Positive effects on the skin
    - Weight Loss
  - Prevention of menstrual disorders
    - Prevent anemia
    - Strengthen hair and nails
- Reduce the risk of congenital disabilities in infants



► **Lentil sprouts** ◀

The germination process significantly increases the phenolic content of lentils by 122%. Phenolic compounds are a group of plant antioxidants that may have anti-cancer, anti-inflammatory, and anti-allergic properties. Due to the increased antioxidant capacity of lentil sprouts, their consumption may reduce bad cholesterol (LDL), high levels.

Bean sprouts are a rich source of various substances. Sprouts are made up of vitamins C, B1, B6, K, and A. Besides, sprouts may also be a rich source of iron, magnesium, phosphorus, calcium, potassium, manganese, and omega-3 fatty acids.

► **Bean sprouts** ◀

Kidney bean (*Phaseolus vulgaris* L.) is a common type of bean that gets its name from its kidney-like shape. Their sprouts are high in protein and low in calories and carbohydrates. These sprouts are also rich in melatonin, which the body produces to regulate the sleep cycle. Likewise, melatonin has antioxidant properties that protect the body against free radicals, which are harmful compounds that can lead to cell damage.



► **Pea sprouts** ◀

Pea sprouts are somewhat noticeable due to their sweet flavor. Chickpea sprouts contain about twice as much folate (B9) as raw chickpeas. The deficiency of this vitamin may lead to congenital disabilities. Studies show that folic acid supplements reduce the rate of neural tube defects in women of childbearing age. Nutritionists also recommend eating folate-rich foods such as sprouted chickpeas.

It may increase the risk of heart disease, type 2 diabetes, and obesity.