

# NATURAL HEALTH

feel good | look good | do good

**BEST HEALTH**  
*for LIFE*

- ▶ **STOP CANCER**
- ▶ **GET FIT**
- ▶ **BEAT STRESS**

**NO-DIET WEIGHT LOSS!**

**Natural Back Pain Relief**

*plus:*  
**MOST AFFORDABLE SUPERFOOD**  
Secrets to Full, Thick Hair

**EASY ALLERGY CURES**

**'Delicioso' Latin Cooking**

with TV's Ingrid Hoffmann

APRIL 2009

DISPLAY UNTIL APRIL 20

USA \$4.50 CANADA \$6.50



## Healthy Appetites



### Crunch bunch

Sprouts can do more than garnish a sandwich. These vitamin-packed superfoods are also great in salads, soups, and breads.

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Photography by HALLIE BURTON

**U**NTIL RECENTLY, I never really knew what to do with sprouts. I'd sprinkle a few alfalfas on a tuna sandwich or toss a handful of soybeans in a stir-fry, but beyond that I was stumped. Then I started noticing more varieties—broccoli sprouts, lentil sprouts, even wheat berries—in my local market and decided it was time to learn more.

After reading *Sprouts: The Miracle Food* (Book Publishing Company, 2008) by Steve Meyerowitz, I am a complete convert. Sprouts are high in vitamin C, cancer-fighting antioxidants, and heart-healthy saponins—and they're a cinch to grow at home (see "Harvest Your Own Sprouts at Home," page 45). Now I add them to everything: soy sprouts in salads, lentil sprouts in stuffed peppers, wheat berries in muffins, and broccoli sprouts in mildly spicy Asian dishes.

And because I'm harvesting them myself, I have a constant fresh supply. The original and healthiest "fast food," sprouts pop up any time of year in just a few days in a sprouting bag (no green thumb—or even soil—required).

#### Explore sprouts

Despite their reputation as "hippie food," sprouts have been around for centuries. The explorer Captain James Cook kept his crew safe from scurvy by bringing along a variety of vitamin C-packed sprouts. They're also a concentrated source of minerals, proteins, carbohydrates, and enzymes because the "baby" plants contain all the nutrients they need to grow to maturity, says Georgianna Donadio, Ph.D., of the National Institute of Whole Health. »