Health & Nutritional Benefits of Greenwheat Freekeh

- Low GI food with excellent insulin response (CSIRO). Good for preventing and managing diabetes.
- Increases concentration and excretion of butyrate which diminishes the risk of developing colorectal cancer and diverticulitis (CSIRO).
- "Low carb" product. Starch content is 'resistant starch' (CSIRO).
- Good prebiotic effect with large numbers of biofidobacterial and lactobacilli (CSIRO).
- Very high in fibre. More than four times the fibre content of brown rice (AGAL).
- Great for weight loss with high fibre and short transition through the body.
- Good for general bowel health. Beneficial for preventing constipation and managing Irritable Bowel Syndrome (CSIRO).
- Low fat content (similar to brown rice) (AGAL).
- High protein content 12.6%. By comparison white rice protein content is only 6.6% (AGAL).
- Rich in calcium, iron, and zinc (AGAL).
- Unlike mature grains, freekeh is rich in Lutein and Zeaxanthin “implicated in the prevention of age-related macular degeneration” (AMD) (University of Adelaide).
- Freekeh has a much higher protein quality than the same wheat at maturity (Journal of Science of Food and Agriculture).
- Apoptotic assays conducted on rats reveal that rats which consumed Freekeh were able to remove DNA damaged cells in the colon whereas rats consuming rice, mature wheat, barley and triticale were not. This stops cancer from occurring at the earliest stage by eliminating cells which can mutate into tumours and cancer (Flinders Medical Centre)