

GREENWHEAT FREEKEH **Food in Asia PROJECT**

CSIRO
Health Sciences and Nutrition

A report for Greenwheat Freekeh Propriety Limited

Product Analysis **(Greenwheat Freekeh)**

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CONCLUSION

- The compositional data confirm and greatly extend existing information on the nutritional profile of Greenwheat Freekeh™ products.
- The analytical results are largely in agreement with existing quantitative information on the composition on wholegrain Freekeh™. Proximate analysis of rice also compares favourably with published data. As total recoveries were near unity this should add further to our confidence in the veracity of the data. Caution is warranted when evaluating the resistant starch data as the technique has yet to be substantiated.
- The various Freekeh™ products generally were of similar composition (except for resistant starch)
- For most constituents, Freekeh™ contained similar proportions to that of couscous and rice. Notable exceptions were:
 - Protein, the content of which was higher in Freekeh™ compared to couscous and appreciably higher compared to rice
 - Fibre, levels of which were at least fourfold higher in Freekeh than the comparator grains
 - Starch, the proportion of which was lower in Freekeh™ grains and flour, which is understandable given the higher levels of the aforementioned constituents
- The high levels of fibre in the various Freekeh™ products consisted predominantly of insoluble fibre, as was the case with rice and to a lesser extent couscous
- Cooked whole grain and cracked grain Freekeh™ products contained high to very high levels of resistant starch, however, the analytical method that was used in these assays is subject to verification.
- The compositional study has demonstrated that Freekeh™ has several nutritional attributes that are superior to comparable cereal foods. In addition, Freekeh™ contains appreciable levels of nondigestible carbohydrates, suggesting that it is likely to have positive effects on bowel health and function.
- The compositional data provide justification for proceeding with in vivo studies to investigate the potential of Freekeh™ for improving indices of bowel health