

## Sprout Chart

Sprout	Type as seed	Type as sprout	Nutritional Value <small>*source</small>	Medicinal Value	How to Grow	Who Should Avoid
Alfalfa	seed	Legume Sprout (small)	Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Protein: 35%	lowers cholesterol. stomach upset, kidney diseases, bladder, prostate, asthma, arthritis, diabetes and bleeding problems	soak. Jar or tray method	may increase sensitivity to the sun, use sunblock and avoid excessive exposure. Has estrogen-like effects and may decrease the effect of birth control pills.
Clover	seed	Legume Sprout (small)	Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids Protein: 35%	cancer, whooping cough, respiratory problems, and skin inflammations, expectorant, menopause, detoxifies the lymph, lungs, liver, kidneys, and blood	soak. Jar or tray method	Thins blood, those on blood thinners
Radish	seed	Root Green	Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc Amino Acids, Carotene, Chlorophyll, Antioxidants Protein: 30-35%	strengthen immunity, detoxification, anti-inflammatory, cough, ear infection, hemorrhoids,	soak. Jar or tray method	ulcer, gastritis, or thyroid problems.
Flax	seed	Linum	Vitamins A, B, C and E Calcium, Iron, Magnesium, Niacin, Phosphorus, Potassium All Essential Amino Acids Antioxidants Protein: 20-25%	cancer, lowers cholesterol, lowers blood pressure, arthritis, metabolism, help ADD	do not soak. Grow in soil, or terra cotta plate with no soil	Thins blood, those on blood thinners
Chives	seed	Allium	Vitamins A, B, C and E Calcium, Chlorophyll, Iron, Magnesium, Niacin, Phosphorus, Potassium Amino Acids, Trace Elements Protein: 20%	circulatory, digestive, lower blood pressure, antiseptic	soak. Jar or tray method	

Mustard	seed	Brassica	Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc Carotene, Chlorophyll, Amino Acids, Trace Elements Antioxidants Protein: 30-35%	muscle pain, rheumatism and arthritis, laxative	soak. Jar method	ulcer
Arugula	seed	Brassica	Vitamins A, B, C and E Calcium, Iron, Magnesium, Niacin, Phosphorus, Potassium Antioxidants, All Essential Amino Acids Protein: 20-25%	cancer, eye health, bone health	do not soak. Grow in soil, or terra cotta plate with no soil'	Thins blood, those on blood thinners. People with kidney stones
Broccoli	seed	Brassica	Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc Carotene, Chlorophyll, Amino Acids, Antioxidants Protein: 35%	cancer, liver detoxification	soak. Pre-sprout. Plant in soil.	Thins blood, those on blood thinners
Cabbage	seed	Brassica	Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc Carotene, Chlorophyll, Amino Acids, Antioxidants Protein: 20-25%	cancer, immune function, cellular detoxification	soak. Jar or tray method	People with hypothyroidism
Wheat Grass	seed	Grass	Vitamins A, B, C, E and K Calcium, Chlorophyll, Iron, Lecithin, Magnesium, Pantothenic Acid, Phosphorus, Potassium, Amino Acids Protein: up to 30%	cancer, increased red blood cell count, lowers blood pressure, detoxification, stimulates thyroid gland, increased energy, gastrointestinal problems	soak. pre-sprout. Plant in soil. Juice and drink.	It is uncertain whether the greens contain gluten
Barley	seed	Grass	Vitamins A, B, C, E and K Calcium, Chlorophyll, Iron, Lecithin, Magnesium, Pantothenic Acid, Amino Acids, Phosphorus, Potassium Protein: up to 30%	digestion, dissolves calcium deposited on the joints	soak. pre-sprout. Plant in soil. Juice and drink.	It is uncertain whether the greens contain gluten
Lentil	bean	Legume Sprout (large)	Vitamins A, B, C and E Calcium, Iron, Phosphorus Amino Acids Protein: 25%	lower cholesterol, heart health, stabilize blood sugar, digestion	soak. Jar or tray method or plant in soil.	People with varicose veins

Garbanzo	bean	Legume Sprout (large)	Vitamins A and C, Calcium, Iron, Magnesium, Amino Acids Protein: 20%	digestion, cardiovascular, stabilize blood sugar	soak. pre-sprout. Plant in soil.	People with Galactosemia
Mung	bean	Legume Sprout (large)	Vitamins A, B, C and E, Calcium, Iron, Magnesium, Potassium, Amino Acids Protein: 20%	heart health, vision, skin, detoxification	Rinse Well. Soak. Pre-sprout. Plant in soil.	
Pea	pea	Legume Sprout (large)	Vitamins A, B, C and E, Calcium, Iron, Phosphorus, Amino Acids Protein: 25%	cancer, diabetes, heart health	soak. Jar or tray method or plant in soil.	

Sources: <http://sproutpeople.org> Wikipedia, livestrong and various other websites were used to compile this data

This data is a collection of internet published information and has not been proven or approved by a health professional or the FDA.

If you have issues with your health, see your physician for health concerns.