

FROM THE FILES OF THE DIRT DIVA DIARIES

# ✖ The Sprout Nutrition Guide

What's packed inside each sprout — key nutrients & their special powers

**Sprouts are nutritional powerhouses.** Because they're harvested at peak germination, sprouts often contain significantly more vitamins, enzymes, and antioxidants than their mature counterparts. Use this guide to choose the right sprout for your health goals — and feel good about every jar you grow. **Grow Your Own Way!**

SPROUT	KEY NUTRIENTS	THE SPECIAL POWER
Broccoli	Sulforaphane, Vit C, A	<b>Cancer-Fighting:</b> Contains up to 50x the sulforaphane of mature broccoli.
Radish	Vit B6, Magnesium, Folate	<b>Digestive Kickstart:</b> High in enzymes that aid liver function and digestion.
Mustard	Glucosinolates, Fiber, Protein	<b>Immune Booster:</b> Potent antimicrobial and anti-inflammatory properties.
Alfalfa	Vit K, C, Calcium, Iron	<b>Bone &amp; Blood Health:</b> One of the highest plant-based sources of Vitamin K.
Clover	Isoflavones, Vit A, B, C	<b>Hormonal Balance:</b> Contains formononetin, which supports endocrine health.
Mung Beans	High Protein, Vit C, Iron	<b>Energy &amp; Recovery:</b> High bio-available iron and easy-to-digest protein.
Lentils	Protein, Fiber, Folate	<b>Heart Health:</b> Massive fiber content to help manage cholesterol.
Fenugreek	Saponins, Fiber, Choline	<b>Metabolic Support:</b> Known for aiding blood sugar regulation and lactation.
Sunflower	Vit E, Selenium, Zinc	<b>Skin &amp; Vitality:</b> Rich in "healthy fats" and antioxidants for skin health.
Wheat Berries	Vit E, B-Complex, Magnesium	<b>Nervous System Support:</b> High B-vitamins to help manage stress and energy.

#### ✦ MIX & MATCH FOR MAXIMUM NUTRITION

No single sprout does it all — **combine varieties** for the broadest nutritional profile. Try **broccoli + alfalfa** for a cancer-fighting, bone-building duo, or **mung beans + lentils** for a protein-packed, heart-healthy blend. The more colors in your jar, the more nutrients on your plate!

This information is for educational purposes only and is not intended as medical advice. Nutritional values are based on general research and have not been evaluated by the FDA. Always consult a healthcare professional before making significant changes to your diet.