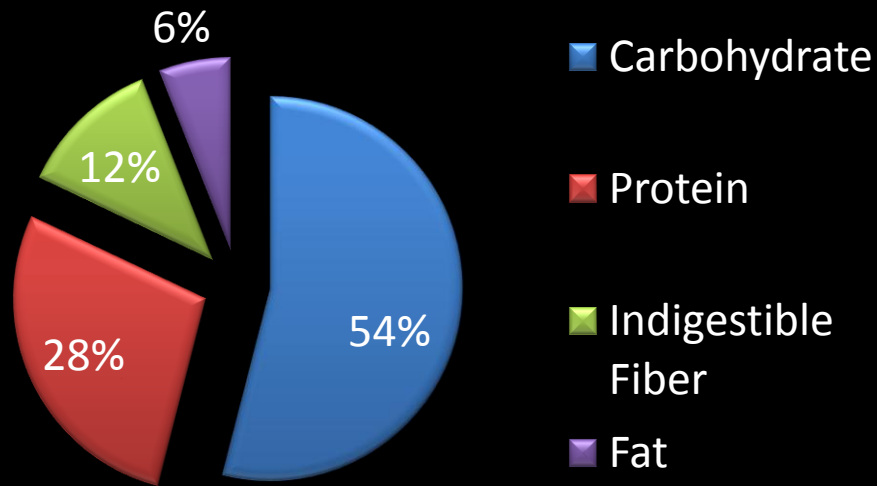


Ancient Emmer

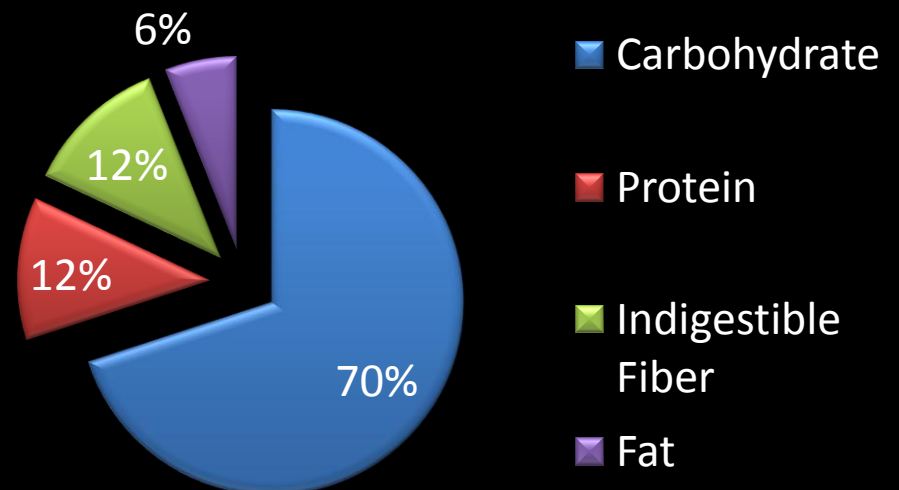


Ancient emmer had 28% or more protein vs. modern wheat which has only 10-15% (1/3-1/2 the protein content of ancient wheat).

Whole wheat bread increases blood sugar to a higher level than sucrose.

(Source: Foster-Powell, Holt SHA, Brand-Miller JC. International table of glycemic index and glycemic load values: 2002. Am J Clin Nutr 2002; 76(1):5-56.)

Modern Triticum aestivum



(Source: Shewry PR. Whet. J Exp Botany 2009;60(5):1537-53.)