

## Ezekiel 4:9 Bread – [www.FoodForLife.com](http://www.FoodForLife.com)

- **Source of Complete Protein** - Rated 84.3% as efficient as the highest source of protein (comparable to that of milk or eggs)
- **Contains 18 Amino Acids** - Including all 9 essential amino acids
- **Increased Digestibility** - Sprouting breaks down starches in grains into simple sugars so your body can digest them easily.
- **Increased Absorption of Minerals** – Sprouting breaks down enzyme inhibitors, so your body can more easily absorb calcium, magnesium, iron, copper and zinc.
- **Increased Vitamin C** - Sprouting produces vitamin C.
- **Increased Vitamin B** - Sprouting increases the vitamin B2, B5 & B6.
- **Great source of Fiber** - Combining sprouted grains and legumes gives a good amount of natural fiber in each serving.



BAKING COMPANY



### High Quality Ingredients:

- We use **only freshly sprouted certified organic grains**.
- Our products are kosher.
- **We use absolutely no flour**. Studies have shown that grinding grains into flour increases the surface area upon which enzymes in the body can work to more quickly convert starch into glucose.
- **We don't use any genetically modified organisms (GMO's)**
- **We don't use refined sugars**. Instead, we use malted barley, a natural sweetener produced from sprouted barley, which is basically a carbohydrate comprised mostly of complex carbohydrates rather than the "sugar" carbohydrates.
- We don't use anything artificial – **no preservatives or shortenings**.

## Dr. Arnold's "Super Snack Sandwich"

- ✓ 2 slices Ezekiel 4:9 bread
- ✓ 2 Tablespoon Barney Almond Butter
- ✓ 1 Tablespoons raw local honey
  - Barna Bee Honey – Ronkonkoma, NY
- ✓ 2 teaspoons cinnamon



The National Strength and Conditioning Association **recommends having at least 1 gram of carbohydrate per kilogram of bodyweight 1 hour before exercising**.<sup>1</sup> This can increase your exercise performance by as much as 20%.<sup>2</sup>

*For someone weighing 125 pounds (56.7 kilograms),  
57 grams of carbohydrate is recommended 1 hour before their workout.*

### Reference:

1. Campbell BI. *The NSCA's Guide to Sport and Exercise Nutrition*. Human Kinetics Publishing. 2011, page 153
2. Hawley JA. Carbohydrate-loading and exercise performance. An update. *Sports Medicine* 1997; 24(2):73-81