

# WHICH GRASSES?

## Typical Analysis of our Australian Organic & Chemical Free grasses.

		<b>Alfalfa</b>	<b>Barley</b>	<b>Wheat</b>
Energy	Kj/100g	1500	1500	1450
Protein	g/100g	32	27	24
Fat	g/100g	3.2	4.4	4.5
Total Dietary Fibre	g/100g	39	34	41
Moisture	g/100g	5	5	5
Carbohydrates	g/100g	50	54	52
Total Sugars	g/100g	5	5	7
Chlorophyll	g/Kg	5.5	6.0	6.0
Carotenes	mg/Kg	300	350	320
<b>Vitamins</b>				
Vitamin A (Retinol)	mg/g	<0.1	1.5	<0.1
Vitamin B12	mg/g	0.1	0.5	0.2
Vitamin C	mg/g	<0.1	<0.1	<0.1
Vitamin E	mg/g	2.4	5.3	4.1
Vitamin K	mg/g	0.03	0.02	0.02
Thiamin - B1	mg/g	<0.1	<0.1	<0.1
Riboflavin - B2	mg/g	<0.1	<0.1	<0.1
Pyridoxine - B6	mg/g	<0.1	<0.1	<0.1
Niacin	mg/g	1.5	<0.1	<0.1
Pantothenic Acid (B5)	mg/g	<0.1	<0.1	<0.1
Biotin	mg/g	<0.1	<0.1	<0.1
Folic Acid	mg/g	<0.1	<0.1	<0.1
<b>Minerals</b>				
Calcium	mg/kg	13000	5300	3500
Cobalt	mg/kg	0.19	<0.1	0.13
Copper	mg/kg	6	6.6	6.8
Iron	mg/kg	82	180	370
Iodine	ug/100g	15	20	55
Magnesium	mg/kg	3000	2100	1300
Manganese	mg/kg	26	30	74
Phosphorus	mg/kg	2300	4300	3200
Potassium	mg/kg	25000	42000	31000
Selenium	mg/kg	<0.1	0.23	0.39
Sodium	mg/kg	610	2400	210
Sulphur	mg/kg	4100	3400	4000
Zinc	mg/kg	21	26	21
<b>Amino Acids</b>				
Alanine	g/100g	26	3.9	3.6
Arginine	g/100g	0.6	0.8	0.8
Aspartic Acid	g/100g	2.6	2.5	2.6
Cystine	g/100g	0.3	0.3	0.3
Glutamic Acid	g/100g	2.2	2.9	3.5
Glycine	g/100g	1	1.3	1.4
Histidine	g/100g	0.6	0.6	0.6
Isoleucine	g/100g	1	1.2	1.2
Leucine	g/100g	1.7	2.1	2.2
Lysine	g/100g	1.3	1.5	1.5
Methionine	g/100g	0.3	0.5	0.6
Phenylalanine	g/100g	1.2	1.4	1.5
Proline	g/100g	1.4	1.6	1.7
Serine	g/100g	1	1.1	1.2
Threonine	g/100g	1.1	1.3	1.3
Tryptophan	g/100g	0.4	0.7	0.5
Tyrosine	g/100g	0.8	1	1
Valine	g/100g	1.3	1.6	1.6

melbourne food ingredient depot  
www.mfcd.net

Quality food ingredients in small quantities

orders@mfcd.net  
508 Lygon Street, East Brunswick Vic 3057  
Tel: (03) 9386 3206 • Fax: (03) 9386 1888

As these products are entirely natural nutritional values will alter from season to season.  
Therefore the above figures are typical values only

**This product and information is not intended to diagnose, treat, cure or prevent any disease.  
This data is for information only. Purchase this product from The Melbourne Food Depot**

# SOME GRASS FAQ'S

## **What does chemical free mean?**

The Food Depot chemical free products are grown and processed without the addition of synthetic fertilizers, pesticides, preservatives, colouring or any other chemical additives that would not normally be found in a pure, natural product. Laboratory tests are also used to ensure that no chemical contaminants are present in the oil, sir, water or raw materials used in growing and manufacturing our products.

## **What enzymes are found in powders?**

Cereal grasses are believed to contain several thousand enzymes, but only a few have been identified. The enzymes found in young barley leaf include amino transferase, aspartate, catalase, cytochrome oxidase, fatty acid oxidase, lipoxygenase, nitrogen oxyreductase, peroxidase, superoxide dismutase and transhydrogenase.

## **How can leaf be dried without destroying its goodness?**

The Food Depot uses a specially developed low temperature process that avoids heating the leaf above 50°C. When dry, the leaf is milled into its powder form using an air based system that avoids the high temperatures generated by conventional grinding methods.

## **What is the difference between whole leaf powder and juice powder?**

Whole leaf powder is made from the entire young leaf, without subjecting it to the stress of juice extraction, which not only requires the product to be chemically modified, but also removes the beneficial natural plant fibre.

## **Is there any difference between Barley, Wheat and Alfalfa powder?**

Nutritionally, there is very little difference between barley and wheat leaves, although wheat leaf powder will generally be lighter in colour and taste sweeter. Alfalfa is a legume, whereas barley and wheat are cereal grasses, so Alfalfa, while having similar macro nutrients, has a different balance of other components such as amino acids and trace elements.

## **Does it contain Kelp & Rice powder?**

Our Barley, Wheat and Alfalfa powders are 100% pure products. Because they have not been modified by juicing, there is no requirement for them to be balanced by adding other ingredients such as kelp or brown rice.

## **How long will leaf powder keep?**

Like many dehydrated products, powders, if properly stored, will not go "off" and potentially may keep indefinitely. However a few nutritional compounds such as carotenes, lipids and certain vitamins, such as Vit C, will lose their potency over time, so a maximum shelf life of two years is recommended.

## **How much and how often should I take ?**

These products are a pure natural food so there is no hard and fast rule on how much you should consume. The rich, concentrated form means that you should only use a small quantity at first, say 1 to 2 teaspoons daily - then adjust according to your needs.

melbourne food ingredient depot  
[www.mfcd.net](http://www.mfcd.net)

*Quality food ingredients in small quantities*

[orders@mfcd.net](mailto:orders@mfcd.net)  
508 Lygon Street, East Brunswick Vic 3057  
Tel: (03) 9386 3206 • Fax: (03) 9386 1888

**This product and information is not intended to diagnose, treat, cure or prevent any disease.  
This data is for information only. Purchase this product from MFCD**