

The Benefits of Ezekiel Bread

Ezekiel 4:9

^{9 (KJV)} Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, *according* to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof.

Ezekiel made bread of wheat, barley, beans, lentils, millet, and fitches. He lay upon his side 390 days, then 40 days, eating this bread by weight and drinking water by measure. All his working was over a fire made of dung. This would make the food unclean, the purpose being to teach Israel that they would eat defiled bread among the Gentiles

[Dake's Annotated Reference Bible: Containing the Old and New Testaments of the Authorized or King James Version Text].

This passage is what Ezekiel Bread is made from and has become a major part in most people's diets. As you will see that this bread has a lot of benefits but so many people doesn't know that its out there. Many fitness, bodybuilders, runners, ect are incorporating this bread into their diets because the great benefits you reap from it. I didn't know about the bread till about a year ago and have loved it ever since then.

Ezekiel Bread contains no flour at all. In contrast to most commercial breads, which consist primarily of refined wheat or pulverized whole wheat, Ezekiel bread contains several different types of grains and legumes:

- **4 types of cereal grains:** Wheat, Millet, Barley and Spelt.
- **2 types of legumes:** Soybeans and Lentils.

All the grains and all the legumes are organically grown and allowed to sprout before they are processed, mixed together and baked to produce the final product.

I'd like to point out that wheat, barley and spelt **all** contains gluten, so Ezekiel bread is out of the question for people with celiac disease or gluten sensitivity.

It's this special, unique combination of 6 grains and legumes that harvests benefits beyond what we normally expect from our breads, pastas, cereals, and other foods.

- **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.
[http://www.foodforlife.com/about_us/ezekiel-49]

Ezekiel bread has now emerged as one of the most popular choice of breads, as it is extremely healthy as compared to plain old white bread or brown bread. It is flourless and completely organic, and is manufactured by a company known as Food for Life, inspired by a specific biblical verse that speaks of this certain type of bread.

We can see that Ezekiel bread is a rich source of protein and dietary fiber. In fact, studies show that the proteins in this bread contain all the 9 essential amino acids required by our bodies. Ezekiel bread has low sodium content as compared to other types of breads.

It does not contain any traces of cholesterol; neither does it contain any trans fats.

It has a low glycemic index which makes it suitable for those who have to keep their blood sugar levels in check.

The high fiber content present in the bread makes it a suitable choice for those who are on a weight loss regime.

Ezekiel bread does not contain any kind of food additives such as high fructose corn syrup. It is completely organic.

An important point to note is that though it does not contain any type of flour, it is not gluten-free. Gluten is present in the wheat contained in this sprouted grain bread. However, gluten-free varieties of this bread are available for those who are allergic to this component of wheat. Consumption of this bread is a great choice if you are a vegan as it contains no traces of dairy whatsoever.

Ezekiel Bread

80 Calories

Nutrition Facts

Serving Size 1 slice (34 g)

Per Serving % Daily Value*

Calories 80

Calories from Fat 5

Total Fat 0.5g **1%**

Saturated Fat 0.0g **0%**

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Carbohydrates 15.0g **5%**

Dietary Fiber 3.0g **12%**

Sugars 1.0g

Protein 4.0g

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 4%