



Infosheet on Organic Hemp Foods

Hemp foods are increasingly gaining recognition by nutritionists, healthy-eating advocates and natural food shoppers as a **good food with high nutritional value**.

We find that people who try hemp foods usually turn into big fans. So, what's all the talk about?

It starts with how food is grown. Hemp is a pretty tough plant, and requires little or no pesticides or herbicides to grow. This means that hemp works very well in organic agriculture. New research is indicating that organic production increases the nutritional content of food. As well, organic farming makes for a healthier environment, both on the farm and in the communities nearby.

And because it's an ancient plant that is just being rediscovered in this country, all hemp everywhere is **GMO-Free**. This is food that comes from nature not a laboratory.

Hemp foods all come from the seed (the plant's fibre isn't edible). Commonly, you'll find hemp packaged in whole seed, oil or dehulled forms.

Seeds that you eat are either steam sterilised or toasted so they won't sprout (Hempseed is never irradiated). A whole seed contains about 25% protein and 30% carbohydrates, and minerals, such as **Calcium, Phosphorus, Iron, Thiamine, Niacin** and **Riboflavin**. It's a good source of dietary fibre too. Hempseed is also a powerful source of amino acids. Note that 100 grams (1/2 cup) of hempseed have about 500 calories.

Unlike soy, **hemp doesn't have to be cooked or fermented for you to eat it**. As a vegetable source of protein, it's excellent for vegetarians and vegans, as well as people who want to cut down on their intake of harder-to-digest animal proteins and meats.

Then there's the oil. Hempseed is roughly 30% oil. **Healthy hemp oil** contains 80% polyunsaturated fats — these are the good fats that we need for energy. Hemp oil is also a rich source of **Essential Fatty Acids** — namely Omega-3 and Omega 6. These are called essential because our bodies can't make them, and we have to get them from outside sources to keep our cells healthy. Hemp also has **Gamma Linoleic Acid** (GLA). Some of the many **benefits** of having all these EFA's in our diet include an increased metabolism, better digestion, and lowering of cholesterol levels. EFA's also help to boost the immune system. Hemp oil comes packaged in tightly sealed containers so it stays fresh.

Some people don't like eating the shell, and so there's **dehulled seed** available. This concentrates the high protein "meat" found inside the shell; dehulled seed has up to 30-31% protein. The dehulled seed is very versatile and lends itself to all sorts of recipes.

Hemp flour is ideal for people who require a gluten-free diet.

Finally, the best for last: **hemp tastes great**. Many people compare it to walnuts, so they like to use hemp in all its forms in things like granolas, smoothies, pastas, salads and sauces. It's best not to use it as a cooking oil; and besides, you don't have to heat it to make it taste great!

For more information on hemp foods, nutrition and recipes check out www.biohemp.com