

Health and nutritional benefits of wheat grass juice

Introduction

Wheatgrass has a long history as being considered a fundamental health food, as it has been consumed as a boon for health and vitality for the past 5,000 years. It was first eaten way back in ancient Egypt. Wheatgrass is the young grass of the wheat plant that is juiced or dried into powder form. Freshly squeezed wheatgrass juice is rich in many nutrients like chlorophyll, vitamins, minerals, enzymes and amino acids. Wheatgrass juice is one of the best sources of living chlorophyll available. The chlorophyll in the wheatgrass is a powerful antioxidant that neutralizes toxins in the body by purifying blood and cleansing the cells. Wheatgrass claims to help combat symptoms of a number of everyday health conditions, including colds, coughs, fevers, digestive ailments and skin conditions.

Nutritional benefits of wheat grass juice

- 1) Wheatgrass juice is a complete food and an excellent source of vitamin A, B complex, C, E and K. It is an excellent source of enzymes and minerals like calcium, potassium, iron, magnesium, phosphorus, sulphur, cobalt, zinc
- 2) 1 Once of wheatgrass juice is equivalent in vitamins, minerals and amino acids found in 1 Kg of green leafy vegetables
- 3) The most outstanding feature of the wheatgrass juice is its very high content of chlorophyll at about 70%. This alone makes it a super food that has a highly energizing and alkalizing effect.

Health benefits of wheat grass juice

- a. **Antioxidant:** It is rich in chlorophyll as a powerful antioxidant. So, it helps to neutralize free radicals in the body which helps to reduce the harm caused by air pollutants like carbon monoxide or cigarette smoke.
- b. **Body builder:** It contains many amino acids which are the building blocks of protein. It is reported that it contain almost 50% protein (almost 3 times more than that of beef). So, these protein and amino acids acts as body builder.
- c. **Body cleanser:** The many detergent factors of wheatgrass juice drain the lymph system, which carries away many toxins from body cells. Wheatgrass contains chlorophyll, which produces an unfavourable environment for bacterial growth in the body and helps to eliminate toxins.
- d. **Blood builder:** The high content of iron in wheatgrass juice makes it a great blood builder, increasing red blood cells count. It regenerates and reactivates the red blood cells and supplies fresh oxygen to the body.
- e. **Bad breath and body odor remover:** It detoxifies the lymphatic system and helps in reducing or eliminating bad breath and body odor.

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- f. **Cancer preventer:** The chlorophyll and β-carotene obtained from wheatgrass juice is beneficial in fighting and preventing cancer. Flavonoid compounds found in this grass are powerful anti-oxidants and anti-cancer agents.
- g. **Diabetes preventer:** The ability to regulate blood sugar level makes this green juice a suitable drink for diabetics.
- h. **High blood pressure regulator:** Portentous compounds in the chlorophyll from wheatgrass have been found to be beneficial in lowering high blood pressure.
- i. **Immune system:** It is beneficial for immune system for preventing infections or diseases.
- j. **Tooth decay:** Wheatgrass juice prevents tooth decay, relieve toothache and treat bleeding gums.
- k. **Weight control:** It is also helps in weight loss because it suppresses appetite and stimulates metabolism and circulation.

Future scope

Wheatgrass is one of the freshest and nutritious food sources available on earth. Now a day, many people have moved towards the consumption of healthy green foods. So, the use of wheatgrass is best for consumers which can easily grow in their homes. Researchers suggest that wheatgrass can be utilized in the form of juice and powder in the preparation of various food products. In various countries, wheat grass is available in many health food stores as fresh produce, tablets, frozen juice and powder

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Conflicts of interest

The authors declared there is no conflict of interest.