



## THE STONEMILL FAMILY “SPROUTS” NEW MEMBERS

*Stonemill Bakehouse launches two innovative, nutrient-dense, sprouted grain breads*

**Toronto, ON – January 23, 2008** – Research has shown that using sprouted grains increases the absorbable nutritional elements such as biotin, folic acid and vitamins B1 (thiamin), B2, B3, B5 (pantathenic acid) and C (in some cases by as much as 300%).\* On the heels of the best-selling Stonemill Bakehouse *Sprouted Grain – 3 Grain Bread*, Ontario’s own innovative artisan bread baker is adding variety to healthy choice with the introduction of two new sprouted grain breads: *Sprouted Grains, Psyllium-12 Grain Rye Bread* and *Sprouted Grain, Prebiotic-Flax Bagels*. Both breads only contain ingredients you can pronounce – in other words all natural, with no chemical additives or preservatives.

The sprouting technique used by Stonemill incorporates live sprouted whole grain kernels into the bread dough. The sprouting process creates enzymatic activity that helps the body to better assimilate the nutrients and naturally transforms the starches of the grains into easily digested maltose and other complex sugars.

“I’m very excited about the new Stonemill Bakehouse *Sprouted Grain* breads because they offer a unique combination of taste, quality and healthful variety. Sprouted grain has been linked with numerous health benefits such as lowering the incidence of digestive diseases, coronary heart disease, diabetes and even obesity,” says Dr. Joey Shulman, registered nutritionist.

*Sprouted Grains, Psyllium-12 Grain Rye Bread*, contains psyllium husk fibre, one of nature’s highest sources of soluble dietary fibres that reduces total cholesterol and LDL (bad cholesterol) and promotes regularity. Perfect for a sandwich or breakfast on the run, the sprouted grains are slowly metabolized, leaving the body feeling less full but energized throughout the day.

Bagels need not be on the “forbidden foods” list if they’re Stonemill’s new *Sprouted Grains, Prebiotic-Flax Bagels*. The bagels contain inulin (made from chicory root), a dietary insoluble fibre that reaches the intestines undigested while supporting the growth of lactic acid bacteria or “friendly bacteria” in the intestinal tract. This provides the recipe for good digestive health. Each serving contains only 130 calories, 2.5 grams of fat and 3 grams of fibre.

(more)

“Ongoing consultation with Canada’s leading health experts enables us to develop new and nutritious products, full of vitamins, minerals and most importantly – great taste,” says Gottfried Boehringer, president, Stonemill Bakehouse. “I am especially proud of our sprouted grain breads, each possessing unique dietary benefits - the perfect nutritional foundation for everyone, everyday.”

Stonemill’s popular *Sprouted Grains – 3 Grain Bread*, the first of their Sprouted Grain Breads, was clinically tested by Toronto’s Glycemic Index (GI) Laboratories in 2006. The bread was rated with a GI of 55, which supports its classification as a low GI food.\*\* Rich in fibre, minerals and vitamins, this bread offers the consumer a healthy low GI bread choice that fulfills the body’s need for satiation, with less and for longer, which eliminates the desire to overeat or indulge.

In addition to developing the two new Sprouted Grain Breads, Stonemill is launching a *Raisin and Muesli Bread*, the first whole grain bread of its kind on the market. Made with organic whole grain wheat, whole and ground flax, rolled oats and cracked soy and sweetened with honey and raisins, parents can feel good about what they are serving their children for breakfast. “Using good nutrition as a powerful safety net is the best health insurance a parent can buy and providing children with a delicious, whole grain breakfast is an excellent way to start the day,” adds Dr. Joey.

### **About Stonemill Bakehouse**

Stonemill Bakehouse is a family bakery with 50 years of experience crafting healthy, great tasting, artisan bread. They are the whole grain experts. As artisan bakers, they bake their bread fresh every day, using authentic and traditional bread recipes and techniques. As a result, their bakery has evolved into Canada’s leading healthy bread specialists, with 15 different types of whole grain breads made from only all natural and organic ingredients. Available at major supermarket retailers across Ontario and Quebec, Stonemill products range from \$3.49 to \$3.79 per loaf.

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For more information on Stonemill Bakehouse Breads and health and education visit;

[www.stonemillbakehouse.com](http://www.stonemillbakehouse.com) or contact:

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\*According to an article by Daniel J. Crisafi, ND, MH, Ph.D. in Alive Magazine 08/1995 (research undertaken by the University of Minnesota)

\*\*The Glycemic Index is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to glucose or white bread. Choosing foods with a low GI rating more often than choosing those with a high GI may help you to:

- Control blood glucose levels
- Control cholesterol levels
- Control appetite
- Lower the risk for heart disease
- Lower the risk for type 2 diabetes

(Source: <http://www.diabetes.ca>)