

Bonus Question: What about Paleo People who say we were never meant to eat grains at all?

Grains are something that have been around for a long time. Certainly longer than vegetable oils, artificial sweeteners, and most food preservatives. Our bodies are much less adapted to those than grains.

That said, in the past grains had to be sprouted or fermented (think sourdough) in order to be made into bread.

Sprouting/germinating grains actually adds nutrition and it decreases phytates, which prevent your full absorption of minerals.¹⁷ Sprouted bread or sourdough not made with a commercial starter allow you to get better nutrition from your grains with less possibility for damage in your gut.

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