

**MISSOULA MARATHON SPONSORSHIP**

Kamut International is proud to be a Gold Level Sponsor of the Missoula Marathon. The marathon takes place on Sunday, July 8. Missoula expects more than 5,000 participants and family members from across the United States for the event. The days preceding the marathon include educational and social activities, a sponsor Expo, kids run, and 5k fun run.

The Missoula Marathon was voted the best marathon in the nation in 2010 by Runner's World Magazine; athletes appreciate the course, which winds its way through rural farm and ranch areas, roads adjacent to Lolo National Forest, along the Bitterroot and the Clark Fork rivers, and through Missoula's neighborhoods and Downtown area. They also appreciate the timing; it is one of the few Boston Marathon qualifying events taking place in July which makes it a more family centered race.

In 2011, the Missoula Marathon was designated Montana's Tourism Event of the year. KI is excited to be part of an event that will (somehow!) be even better.



Run Wild Missoula, the non-profit sponsoring the Missoula Marathon, has already begun local education and training events, including an evening with 1972 Olympian and run/walk guru Jeff Galloway. Jeff and his wife, Barbara will also participate in this year's July events.

KI is working with Registered Dietician Andrea Johnson to help marathon athletes and their families discover how high protein and high energy KAMUT® khorasan wheat products fit into training and family menus.

KI plans to have a relay team as part of the marathon in addition to having education events and a table at the Expo featuring KAMUT® khorasan products.

Now is the time to start getting ready! Please contact Jamie Lockman, [jamie.lockman@kamut.com](mailto:jamie.lockman@kamut.com) for marathon information or to include your products in this exciting promotion!

**JUST LABEL IT: Right to Know**

Kamut International is a supporter for the "Just Label It: Right to Know" campaign urging the US Department of Food and Drug Administration (FDA) to require mandatory labeling for genetically engineered food.

Genetically engineered food (commonly known as Genetically Modified Organisms or GMOs) are both plant and animal food species modified at the molecular level with genes from a myriad of sources to obtain desired qualities, which commonly include high yield and resistance to drought, disease or pesticide. Genetic engineering is different from hybridizing because DNA material from a species completely different from the species being modified can be used. For example, genetically engineered salmon have genes that have been modified by adding DNA regulating growth hormones from the "ocean pout," an eel-like fish. These salmon reach market weight twice as fast as natural salmon.

The concern with genetically modified foods is that there is evidence that modified genes enter into the food chain and have potential to cause unintentional and unknown changes in other organisms. Chinese researchers have recently discovered genetically engineered rice material in human liver cells and have documented that it influences the absorption of cholesterol in the blood.

The current position of the FDA is that these organisms are not materially different from un-modified species. Thus, there is currently no way for you to know if you are consuming genetically engineered food or not. A recent study shows that 93% of Americans support mandatory labeling of genetically engineered (GE) foods. Yet for 20 years consumers have been denied that right. Without labeling of genetically engineered (GE) foods, informed choices cannot be made about the food we eat. The Just Label It: We Have a Right to Know campaign was created to advocate for the labeling of GE foods.

KI supports the "Just Label It" movement, along with hundreds of partner organizations, to ensure that consumers can make informed food choices and that we are able to protect our food sources long term. We hope to raise awareness of this issue, drive consumers to submit comments to the FDA and let Washington know that Americans want labeling of genetically engineered foods.

We hope to raise awareness of this issue and encourage readers to submit comments; please visit [www.justlabelit.org](http://www.justlabelit.org) for more information and instructions on how to submit your comments to the FDA.

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*KI is working with Andrea Johnson, MA, RD. Ms. Johnson is a registered dietitian working in private practice and has, among other projects, worked as a freelance author for Livestrong.com. For the January, April and July newsletters, she plans to highlight the nutrients found in KAMUT® Brand khorasan wheat and how they meet the unique needs of athletes.*

**Introduction to Kamut® Khorasan Wheat for Athletes**

Food choices provide the foundation for athletes seeking optimal performance results. Whether training or competing, athletes must continually fine-tune their diets. KAMUT® khorasan wheat is low in fat and rich in carbohydrates, protein and minerals completing an array of nutrients to support the needs of athletes.

**What does KAMUT® Khorasan Wheat Offer Athletes?**

KAMUT® brand khorasan wheat offers a blend of carbohydrates, protein, fat, vitamins and minerals essential for fueling athletic training and performance. Specifically, KAMUT® khorasan wheat is a complex carbohydrate. Complex carbohydrates are critical for all types of athletic pursuits since they are the primary and preferred fuel of all muscle movement. One cup of cooked KAMUT® khorasan wheat provides 52 grams of carbohydrate. KAMUT® khorasan wheat provides an excellent source of protein and amino acids which are high-demand nutrients for athletes. Protein is needed for muscle recovery, repair and replenishment. KAMUT® Khorasan wheat is two to three times the size of common wheat providing twenty to forty percent more protein. One cup of cooked KAMUT® khorasan wheat provides 11 grams of protein. Fat is a needed nutrient for athletes as a calorie and energy source and is needed for hormones that promote muscle building and strength. One cup of cooked KAMUT® khorasan wheat contains 2 grams of fat. KAMUT® khorasan wheat is also an excellent source of minerals including Niacin, Magnesium, Phosphorous, Zinc, Selenium, Copper and Manganese. KAMUT® khorasan wheat is considered to be a good source of Thiamin and Iron. Athletes need these vitamins and minerals in order to support protein building, muscle contraction, synthesis of red blood cells, energy metabolism and transport of oxygen to cells.

**How to Include KAMUT Khorasan Wheat in Your Diet**

KAMUT® khorasan wheat is a highly versatile grain with a mild nutty and buttery taste. It can be used as a nutritious alternative to traditional hard or soft wheat to make granola bars, bread, muffins, and pastas or in the same style as rice or couscous. KAMUT® khorasan wheat works well in soups, salads, pastas and as a hot cereal or in the form of cold cereal. Below is an ideal recipe using KAMUT® khorasan puffs (look in the cereal aisle) for granola bars for athletes to consume pre or post workout:

**Marathon Training Bars:**

**Ingredients**

- 2 cups rolled KAMUT® flakes or rolled oats
- 2 cups Kamut® Brand khorasan wheat puffs
- 3 small bananas (about 2 cups, as ripe as possible)
- ¼ cup organic unsweetened applesauce
- ½ cup dried cherries
- 1 cup mixed nuts (almonds, cashews, walnuts)
- ¼ cup sunflower seeds
- ¼ cup coconut
- ¼ cup flax seeds
- ½ cup dark chocolate chips

1 tsp. vanilla extract

**Directions**

1. Preheat oven to 350°.
2. Mash bananas to get them as creamy as possible. Mix in applesauce and vanilla extract and set aside.
3. In another bowl, mix all dry ingredients together. Use 2 cups of the rolled KAMUT® flakes or rolled oats, 2 cups KAMUT® khorasan puffed wheat (low in calorie and acts as good filler), and 3 cups of the combination of nuts, dried fruit, and seeds
4. Slowly add dry ingredients to wet mix
5. Spray a 9 x 13" cooking pan with baking spray or coat with vegetable oil. Spread mixture across pan to about ½ inch thick (two pans may be needed).
6. Bake for about 12-15 minutes or until golden brown.
7. Allow pan to cool for at least an hour in the refrigerator before cutting bars.

Once cooled, cut and wrap bars individually.

Makes approximately 18 bars.

Recipe courtesy of <http://outoftherabbithole.wordpress.com>

**Spotlight on KAMUT® Khorasan User –**

**GARDEIN PROTEIN INTERNATIONAL**

Kamut International would like to introduce fans and friends to Gardein Protein International (GPI) of Richmond, British Columbia. GPI uses KAMUT® khorasan in its gardein™ (garden + protein) products to create a meaty texture and delicious taste. gardein™ products are a wholesome range of scrumptious plant-based foods made from soy, wheat and pea proteins, vegetables and ancient grains (quinoa, amaranth, millet and KAMUT® khorasan). Certified vegan and a complete protein, gardein™ products are easy to digest and free of cholesterol and trans fats. The majority of gardein™ foods are also a good source of fiber.

GPI was founded about 25 years ago by Yves Potvin. It was his goal to bring healthy, innovative, convenient, and plant-based, meat-like food to people everywhere; a kind of healthy fast food. GPI recognizes that global food demand will require the need for more protein and they believe that plant-based food is the way to build good health for people and for the planet. gardein™ products were voted product of the year in 2010 by VegNews Magazine. gardein™ products can be found in both the United States and Canada in grocery stores (produce cooler and freezer), on restaurant menus, and in college, corporate and hospital cafeterias.



**Upcoming Events:**

27 January 2012 – Annual KAMUT® Grower's Dinner, Regina, SK, Canada

15- 18 February 2012 – BioFach, Booth Number 6-140, Nuremburg, Germany [www.biofach.de](http://www.biofach.de)

9 – 11 March 2012 – Natural Products Expo West, Booth 2518, Anaheim, CA, USA <http://www.expowest.com/ew12/public/enter.aspx>

22 – 25 March 2012\* – Harvard School of Public Health Center for Continuing Professional Education/Culinary Institute of America, Healthy Kitchens, Healthy Lives, Napa Valley, CA, USA <http://www.healthykitchens.org/conference.php>

21 – 22 April 2012 – Canadian Health Foods Association, Booth 853, Vancouver, BC, Canada [www.chfa.ca](http://www.chfa.ca)

5 – 8 May 2012 \* – National Restaurant Association, McCormick Place, Chicago, IL, USA <http://www.restaurant.org/>

\*Kamut staff attending only.



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We hope you enjoy the latest KAMUT® Brand Khorasan Wheat Report – Please let us know if you prefer not to receive these emails – [jamie.lockman@kamut.com](mailto:jamie.lockman@kamut.com)