

# CHIA SEEDS 101

A Tiny Seed with Big Benefits



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Chia seeds are a nutrient-dense superfood packed with fiber, protein, omega-3 fatty acids, and essential minerals like calcium and magnesium. These tiny seeds support digestion, heart health, and energy levels while promoting satiety and weight management. When soaked, they form a gel-like texture, aiding hydration and gut health. Chia seeds are versatile and can be added to smoothies, yogurt, oatmeal, or baked goods. Rich in antioxidants, they help combat inflammation and oxidative stress. Their mild flavor makes them easy to incorporate into various dishes, making them a simple yet powerful addition to a healthy diet.

## **NUTRITIONAL FACTS OF CHIA SEEDS**

Chia seeds are packed with essential nutrients. Here's the nutritional breakdown per 28 grams (1 ounce or about 2 tablespoons) of chia seeds:

- Calories: 138
- Carbohydrates: 12g (of which 10g is fiber)
- Protein: 5g
- Fat: 9g (including 5g of omega-3 fatty acids)

## 7 IMPORTANT MINERALS IN CHIA SEEDS

Chia seeds are rich in essential minerals that support overall health. Here are the key minerals found in 28 grams (1 ounce or about 2 tablespoons) of chia seeds:

Calcium – 18% of the Daily Value (DV) (supports bone and teeth health)

Magnesium – 23% of the DV (helps with muscle function and energy production)

Phosphorus – 20% of the DV (important for bone and cell repair)

Iron – 12% of the DV (crucial for oxygen transport in the blood)

Zinc – 12% of the DV (supports immune function and metabolism)

Manganese – 30% of the DV (aids in bone formation and antioxidant activity)

Copper – 3% of the DV (supports heart health and red blood cell production)

## HEALTH BENEFITS OF CHIA SEEDS

1. **Rich in nutrients**, it is packed with fiber, protein, omega-3 fatty acids, and essential minerals like calcium, magnesium, and iron.
2. **Supports Digestive Health** – High fiber content promotes regular bowel movements and gut health.
3. **Aids in Weight Management** – The fiber and protein in chia seeds help keep you full, reducing hunger and cravings.

**Boosts Heart Health** – Omega-3 fatty acids and antioxidants help reduce inflammation and lower cholesterol.

**Regulates Blood Sugar** – Slows down sugar absorption, helping manage blood sugar levels.

**Improves Bone Health** – Rich in calcium, phosphorus, and magnesium, essential for strong bones.

**Enhances Hydration** – Absorbs water and helps maintain electrolyte balance.

**Provides Antioxidants** – Fights oxidative stress and reduces the risk of chronic diseases.

**Supports Muscle Growth** – A good plant-based protein source for muscle repair and growth.

**Boosts Energy Levels** – Provides long-lasting energy due to its combination of protein, healthy fats, and fiber.

## CONCLUSION

Adding chia seeds to your diet can significantly improve overall health!

Chia seeds are a powerhouse of nutrition, offering fiber, protein, omega-3s, and essential minerals. They support digestion, heart health, weight management, and energy levels. Versatile and easy to use, chia seeds enhance overall well-being. Including them in your diet is a simple yet effective step toward a healthier lifestyle.



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**Learn how to choose it!**