

SESEME SEEDS 101

A TINY SEED WITH BIG BENIFITS



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THE HEALTH BENEFITS AND USES OF SESAME SEEDS

Sesame seeds are tiny but mighty seeds packed with essential nutrients and a distinct nutty flavor. Used in various cuisines and traditional medicine for centuries, these seeds offer numerous health benefits.

NUTRITIONAL VALUE OF SESAME SEEDS

Sesame seeds are rich in essential nutrients, including:

- **Healthy Fats:** A great source of monounsaturated and polyunsaturated fats, promoting heart health.
- **Protein:** Contains plant-based protein, ideal for vegetarians and vegans.
- **Fiber:** Aids digestion and helps in weight management.
- **Minerals:** High in calcium, magnesium, iron, and zinc, supporting bone and immune health.
- **Antioxidants:** Contains lignans and vitamin E, which protect against oxidative stress.

NUTRITIONAL FACTS OF SESAME SEEDS (PER 100G)

Sesame seeds are highly nutritious and offer a rich blend of essential vitamins, minerals, and macronutrients. Below is a breakdown of their nutritional composition per 100 grams:

Macronutrients

Calories: 573 kcal

Carbohydrates: 23.5g

Protein: 17.7g

Fats: 49.7g

Saturated Fat: 7.0g

Monounsaturated Fat: 18.8g

Polyunsaturated Fat: 21.8g

Dietary Fiber: 11.8g

Vitamins

Vitamin B1 (Thiamine): 0.79mg (66% DV)

Vitamin B2 (Riboflavin): 0.25mg (19% DV)

Vitamin B3 (Niacin): 4.52mg (28% DV)

Vitamin B6: 0.79mg (46% DV)

Folate (B9): 97µg (24% DV)

Vitamin E: 0.25mg (2% DV)

Minerals

Calcium: 975mg (98% DV)

Iron: 14.6mg (81% DV)

Magnesium: 351mg (88% DV)

Phosphorus: 629mg (90% DV)

Potassium: 468mg (13% DV)

Zinc: 7.8mg (71% DV)

Copper: 4.1mg (205% DV)

Manganese: 2.5mg (108% DV)

HEALTH BENEFITS OF SESAME SEEDS

1. Supports Heart Health

Sesame seeds contain healthy fats and antioxidants that help reduce bad cholesterol (LDL) levels and improve heart function.

2. Strengthens Bones

With high levels of calcium and magnesium, sesame seeds contribute to strong bones and may help prevent osteoporosis.

3. Aids Digestion

Rich in fiber, sesame seeds promote gut health and prevent constipation.

4. Boosts Immunity

Zinc and other essential minerals in sesame seeds help strengthen the immune system.

5. Regulates Blood Sugar Levels

Compounds like magnesium and lignans support balanced blood sugar levels, making sesame seeds beneficial for diabetics.

6. Promotes Healthy Skin and Hair

Vitamin E and antioxidants in sesame seeds nourish the skin, reduce signs of aging, and promote strong, shiny hair.

CONCLUSION

Sesame seeds are a powerhouse of nutrition, offering numerous health benefits while enhancing the flavor of various dishes. Adding them to your daily diet is a simple and delicious way to boost overall health.



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