

# 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.

A stylized, handwritten signature in black ink, appearing to read 'Dr. Praveen Kumar'. The signature is fluid and cursive, with a long horizontal stroke at the end.

**Health is a choice**  
**Learn how to choose it!**