

SUNFLOWER SEEDS 101

A TINY SEED WITH BIG BENIFITS



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SUNFLOWER SEEDS: A TINY SEED WITH BIG BENEFITS

Sunflower seeds may be small, but they pack a powerful punch of nutrients and health benefits. Whether eaten as a snack, added to dishes, or used for their oil, sunflower seeds offer a wide range of advantages for overall well-being. Let's explore the various benefits of this tiny but mighty seed.

Nutritional Value of Sunflower Seeds

Sunflower seeds are a rich source of essential nutrients. They contain healthy fats, protein, fiber, vitamins, and minerals. A handful of sunflower seeds provides:

Healthy monounsaturated and polyunsaturated fats

Protein for muscle growth and repair

Dietary fiber to aid digestion

Vitamin E, a powerful antioxidant

Magnesium for bone and heart health

Selenium, which supports the immune system

Heart Health Benefits

Sunflower seeds are excellent for heart health due to their high content of healthy fats, particularly unsaturated fats, which help reduce bad cholesterol (LDL) levels. The presence of magnesium also aids in maintaining normal blood pressure, reducing the risk of heart disease.

BOOSTS IMMUNITY

The high levels of selenium and vitamin E in sunflower seeds play a crucial role in strengthening the immune system. These antioxidants help fight free radicals, reducing oxidative stress and lowering the risk of chronic diseases.

Supports Weight Management

Despite their calorie content, sunflower seeds can be a great addition to a weight-loss diet. Their fiber and protein content helps keep you fuller for longer, reducing overall calorie intake and unhealthy snacking.

Enhances Skin and Hair Health

Vitamin E in sunflower seeds is known for its skin-nourishing properties. It helps combat skin aging, promotes a natural glow, and reduces inflammation. The healthy fats in these seeds also contribute to shiny, strong hair.

Promotes Brain Function

Sunflower seeds contain essential fatty acids and vitamin B6, which are beneficial for brain function. These nutrients help improve mood, support cognitive function, and may even reduce the risk of neurodegenerative diseases.

NUTRITIONAL FACTS

Sunflower seeds are packed with nutrients and offer numerous health benefits. Here are the general nutrition facts for 1 ounce (28 grams or about 1/4 cup) of sunflower seeds without shells:

Macronutrients:

Calories: ~165-175 kcal

Protein: ~5-6 g

Carbohydrates: ~6 g

Fiber: ~2 g

Sugar: ~1 g

Fats: ~14-15 g

Saturated fat: ~1.5 g

Monounsaturated fat: ~3 g

Polyunsaturated fat: ~9 g

Vitamins & Minerals:

Vitamin E: ~37% of the Daily Value (DV)

Vitamin B6: ~11% of the DV

Folate: ~17% of the DV

Magnesium: ~9% of the DV

Phosphorus: ~15% of the DV

Copper: ~26% of the DV

Manganese: ~30% of the DV

Selenium: ~32% of the DV



A large, handwritten signature in black ink, appearing to read "Dr. Praveen Kumar". The signature is fluid and expressive, with a prominent 'P' at the beginning.

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