Flax Seeds

Health Benefits of Flaxseeds

Flax seeds, also called flaxseeds or linseeds, are best consumed ground, which releases the nutrition within. They are a good source of protein, essential omega-3 fats, lignans and dietary fiber.

2 Tbsp (per day) ground flaxseed provides:

- 70 Calories, 3 gm protein, 3 gm fiber, 4.5 gm fat, no cholesterol

Potential benefits of consuming ground flaxseed:

- Source of soluble fiber that helps lower cholesterol, maintain steady blood sugars and promote satiety for weight management

- Contain compounds our body converts to lignans, plant estrogens shown to reduce risk of cancer, osteoporosis and heart disease

- Rich in the essential omega-3 fatty acid, alpha linoleic acid (ALA), with anti-inflammatory properties associated with lowering risk of heart disease, stroke, autoimmune disease and depression

- Also contain B vitamins, manganese, magnesium, phosphorus, calcium, iron and potassium

- Ground flaxseed has a nutty flavor, delicious in oatmeal, salads or baked goods. 1 Tbsp ground flaxseed + 3 Tbsp water replaces 1 egg