

- 70 Calories, 3 gm protein, 3 gm fiber, 4.5 gm fat, no cholesterol
- 2 Tbsp (per day) ground flaxseed provides:**
- Potential benefits of consuming flaxseeds:**
  - 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
  - Contain B vitamins, magnesium, phosphorus, calcium, iron & potassium
  - With a nutty flavor, flax meal is delicious in oatmeal, on salads or in baked goods. 1 Tbsp flax meal + 3 Tbsp water replaces 1 egg

## Health Benefits of Flaxseeds

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



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