



Chia Seeds

Health Benefits of Chia Seeds

Chia seeds are rich in protein, omega 3 fats and soluble fiber which contribute to lowering risk for heart disease, diabetes and obesity.

2 Tbsp chia seed provides:

- 140 Calories, 4 gm protein, 11 gm fiber, 7 gm fat, no cholesterol

Potential benefits of consuming chia seeds:

- Richest plant source of omega-3 fats shown to lower cholesterol, blood pressure, inflammation and risk of heart attack and stroke
- Excellent source of soluble fiber which stabilizes blood sugars, lowers cholesterol and aids in appetite control
- Contains more calcium and magnesium than milk for bone and heart health, rich source of potassium lowers blood pressure
- Contains all 9 essential amino acids for building proteins
- Rich in antioxidants shown to lower inflammation, improve immunity and protect brain function
- Use chia seeds whole, no need to grind. Sprinkle in salads, toss with veggie sides, in baked goods, smoothies, puddings or jams
- Use as base for creamy dressings or as an egg substitute

For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

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