What are Chia seeds?

Yes, we are talking about the seeds that are commonly known by the Chia pets that were marketed and manufactured in the 1980’s. The seeds from this common house plant are very nutrient dense. The Latin name is *Salvia hispanica*, and it is also known to be from the mint family.

Why are Chia seeds for my health?

There are many benefits to consuming these amazing little seeds! Enjoy reading about some of the benefits listed below:

- **Vital Macronutrients**: “A 1 oz. serving of dried chia seeds contains 137 calories, 4g of complete proteins, 12g of carbohydrates, and 9g of fat. Although the chia seed is almost 60 percent fat, its fat content is primarily the heart-healthy polyunsaturated fat. Polyunsaturated fats can be beneficial to your health when consumed in moderation, according to the American Heart Association.” ("Nutritional Properties of Chia," n.d.)

- **Healthy increase in EPA and ALA fatty acids**: There are 3 different kinds of omega fatty 3 acids. Omega-fatty 3 acids are essential for brain function and cellular components within the body. Two of the three omega-fatty 3 acids are found within Chia seeds.(Jin et al., 2012)

- **Stabilizes blood sugar levels and improves blood lipid levels**: There was a study done by the British Journal of Nutrition in 2009 that tested the effects of chia seeds on rats that had issues with insulin resistance as well as dyslipidemia. The results showed that the rats
fed a chia seed-rich diet developed healthier blood lipid levels and stabilized blood sugar levels. (Chicco, D’Alessandro, Hein, Oliva, & Lombardo, 2009)

- **High in fiber:** Fiber is important for your colon health. The recommended amount of fiber depends on age and sex, but it usually is around 25 grams per day. Please view the [Fiber brochure](#) created by the American Institute of Cancer Research.

- **Contains important micronutrients:** Chia seeds are high in calcium, phosphorus, and magnesium. Look at the [Self-Nutrient Data](#) website to see the complete nutrient details.

Where can you get Chia seeds?

- **In the Marquette Area:** Marquette Food Co-Op
- **Online**

Some Healthy Recipe Ideas to incorporate Chia Seeds:

- Put them in your water: The seeds will soak up water, so be aware of the texture change in your water.
- Throw them on top of your salads
- Try putting them into your baked goods, crusts, and braidings
- Smoothies
- Add it to every breakfast; jazz up that yogurt, cereals, or oatmeal

References:

