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Nutritional Profile of Popular Seeds



Chia Seeds

These tiny seeds have been growing in popularity for the past several years. They are rich in antioxidants, ALA – one of the omega-3 fatty acids, calcium and fiber. Chia seeds have a very mild, nutty flavor so they can be added to a variety of foods such as energy bars like the recipe below, yogurt, rice dishes or soaked in fruit juice or water then added to hot cereals or smoothies.

Keep in mind...

*if you are eating chia seeds to help lower your triglycerides make sure you are eating the “Salba” variety since other varieties can actually raise triglyceride levels.

Nutrition facts per 2 tablespoons: 138 calories, 4 grams protein, 12 grams carbohydrates, 10 grams fiber and 9 grams fat – only 1 gram of saturated and no trans fat.



Flaxseed

Flaxseed has been a food source for centuries. It is known today for lowering risk for heart disease, Type 2 diabetes, some cancers, arthritis and neurological disorders. Flaxseeds are especially high in plant lignans, a phytochemical that reduces cancer risk.

Keep in mind...

*flaxseed needs to be ground in order for your body to be able to absorb the “good stuff.”

You can grind your own with a coffee grinder, or look for ground, milled or flax meal in the stores.

*flaxseed oil is NOT high in the plant lignans, therefore the oil is not protective for some cancers like the seed.

Nutrition facts per 2 tablespoons ground: 60 calories, 3 grams protein, 5 grams carbohydrates, 4 grams fiber, 3.5 grams fat – 0.5 grams saturated fat and no trans fat



Hemp Seed

The hemp plant is related to marijuana, but contains less than 0.2% THC compared to marijuana that contains up to 5% THC per dry weight. The 2018 Farm Bill removed the hemp seed from the list of controlled substances so you will likely be seeing more and more hemp seed products on store shelves. Hemp seeds are high in protein – more than flaxseeds and chia seeds, antioxidants and omega-3 fatty acids.

Hemp seeds have a softer texture. They can be eaten raw or roasted/dried, added to salads and smoothies, or added to muffins and cookies.

Nutrition facts per 2 tablespoons hulled seed: 90 calories, 5 grams protein, 3 grams carbohydrates, 2 grams fiber, 6 grams fat – only 1 gram saturated and no trans fat

Bridget's Power Boosters (makes about 36 servings)

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|---------------------------------|-----------------------------|
| 1 16oz jar peanut butter | 2.5 cups old fashioned oats |
| ½ cup ground flaxseed | ½ cup chia seeds |
| Honey to taste (about 1-2 Tbsp) | |

Mix ingredients in a large bowl; form into balls. Store in a covered container in fridge. Add more oats and chia/flax for desired texture. Consistency can vary depending on kind of peanut butter used.

Nutrition facts (each): 118 calories, 7.5 g fat (1 from saturated fat), 31 mg sodium, 9.5 g carbs, 3 g fiber, 4.5 g protein