

Uses of Ancient Seeds

Chia Attributes:

One ounce of chia seeds contains only 137 calories and one gram of digestible carbohydrate! This makes them one of the world's best sources of several important nutrients, calorie for calorie. A one ounce (28 grams or 2 tablespoons) serving of chia seeds contains:



Chia Health Benefits

- 1.) Combats Diabetes - Chia is being studied as a potential natural treatment for type-2 diabetes because of its ability to slow down digestion. The gelatinous coating chia seeds develops when exposed to liquids-can also prevent blood sugar spikes.
- 2.) Excellent Source of Fiber - Just a 28-gram or one-ounce serving of chia has 11 grams of dietary fiber — about a third of the recommended daily intake for adults. Adding some chia to your diet is an easy way to make sure you're getting a good amount of fiber, which is important for digestive health.
- 3.) Packed with Omega-3 - Chia seeds are packed with omega-3 fatty acids, with nearly five grams in a one-ounce serving. These fats are important for brain health. "There's better conversion of omega 3s into the plasma or into the food than with flax seed," said researcher Wayne Coates.
- 4.) Calcium for Stronger Teeth and Bones - A serving of chia seeds has 18 per cent of the recommended daily intake for calcium, which puts you well on your way to maintaining bone and oral health, and preventing osteoporosis.
- 5.) Manganese - Manganese isn't a well-known nutrient, but it's important for our health: it's good for your bones and helps your body use other essential nutrients like biotin and thiamin. One serving of chia seeds, or 28 grams, has 30 per cent of your recommended intake of this mineral.
- 6.) Phosphorus for Recovery - With 27 per cent of your daily value for phosphorus, chia seeds also help you maintain healthy bones and teeth. Phosphorus is also used by the body to synthesize protein for cell and tissue growth and repair.
- 7.) Cholesterol-Free Protein - Chia seeds also make a great source of protein for vegetarians and don't have any cholesterol. One 28-gram serving of these super seeds has 4.4 grams of protein, nearly 10 per cent of the daily value.
- 8.) Belly- Fat Buster - Chia's stabilizing effect on blood sugar also fights insulin resistance which can be tied to an increase in belly fat, according to Live Strong. This type of resistance can also be harmful for your overall health.
- 9.) Regulates Food Intake - Tryptophan, an amino acid found in turkey, is also found in chia seeds. While tryptophan is responsible for that strong urge to nap after a big Thanksgiving dinner for example, it also helps regulate appetite, sleep and improve mood.
- 10.) Improve Heart Health - According to the Cleveland Clinic, chia seeds have been shown to improve blood pressure in diabetics, and may also increase healthy cholesterol while lowering total, LDL, and triglyceride cholesterol. All good news for your ticker!

Nutrition Facts

About 19 servings per container
Serving Size: 2Tbsp (24g)

Amount Per Serving

Calories 120

% Daily Value *

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrates 10g **4%**

Dietary Fiber 8g **29%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 151mg **10%**

Iron 2mg **10%**

Potassium 98mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.



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