

Uses of Ancient Seeds

Sesame Seed Attributes:

In addition to being delicious, sesame seeds have a fabulous nutritional profile. The seeds are especially high in copper, manganese, calcium, and magnesium. Here are some notable vitamins, minerals, and other nutrients you can expect to find in a 1 cup (150g) serving of sesame seeds.



Sesame Seeds Health Benefits

- 1.) Promotes Healthy, Beautiful Skin – Sesame seeds are full of zinc, an essential mineral for producing collagen and giving skin more elasticity. Zinc also helps damaged tissues in the body to repair. Sesame oil is also known to soothe burns and prevent skin related disorders.
- 2.) Great for High-Protein Vegetarian Diet – Sesame seeds offer 4.7 grams of protein per ounce, giving them a perfect place in a high-protein vegetarian diet.
- 3.) Sesame Seed Oil for Oral Health – One of the most prominent benefits of sesame seeds and sesame oil revolves around removing dental plaque and boosting oral health. By swishing oil around in your mouth, you can boost oral health and even whiten your teeth.
- 4.) Helps Prevent Diabetes – Thanks to magnesium and other nutrients, sesame seeds have been shown to combat diabetes. A study, published in the American Journal of Clinical Nutrition, found that sesame oil “improved the effectiveness of the oral antidiabetic drug glibenclamide in type 2 diabetic patients”. Another study concluded that “substitution of sesame oil as the sole edible oil has an additive effect in further lowering BP and plasma glucose in hypertensive diabetics”.
- 5.) Reduces Blood Pressure – As the above study concludes, sesame oil has been shown to lower blood pressure in hypertensive diabetics. Additionally, magnesium has been shown to help lower blood pressure – and sesame seeds are loaded with magnesium.
- 6.) Promotes Heart Health – Sesame seed oil can boost heart health by preventing atherosclerotic lesions. An antioxidant and anti-inflammatory compound known as sesamol, which also harnesses anti-atherogenic properties, is thought to be one reason for the beneficial effects. According to GreenMedInfo, sesamol has been shown to “possess over two dozen beneficial pharmacologically active properties, many of which may contribute to improving cardiovascular health”.
- 7.) Protects Against DNA Damage from Radiation – Sesamol, a compound found in sesame seeds and sesame oil, has been shown in some studies to protect against DNA damage caused by radiation. Further, sesamol has been shown to extend life in mice treated with radiation, partly by preventing damage to the intestines and the spleen.
- 8.) Prevents Cancer – Not only do sesame seeds contain an anti-cancer compound called phytate, but the magnesium in sesame seeds also harness anti-cancer properties. One study published in the American Journal of Clinical Nutrition found that the risk of colorectal tumors decreased by 13% and the risk of colorectal cancer decreased by 12% for every 100 mg of magnesium eaten.
- 9.) Boosts Bone Health – In addition to promoting healthy skin, zinc has also been shown to boost bone mineral density and bone health as a whole. One study, published in the American Journal of Clinical Nutrition, found a correlation between zinc deficiency and osteoporosis in the hip and spine area. Furthermore, sesame seeds are a great source of calcium – a known trace mineral that is essential for bone health and preventing related conditions.
- 10.) Boosting Digestive Health, Relieving Constipation – Sesame seeds are rich in fiber, which is known to pave way for a healthy digestive system and a healthy colon.
- 11.) Provides Relief from Rheumatoid Arthritis – A mineral that is important for anti-inflammatory and antioxidant enzyme systems, copper is known for reducing pain and swelling associated with arthritis. Additionally, this mineral helps provide strength to blood vessels, bones, and joints.
- 12.) Promotes Respiratory Health, Prevents Asthma – Thanks to the magnesium, sesame seeds are able to prevent asthma by and other respiratory disorders by preventing airway spasms.

Sesame Seed kernels

Nutrition Facts

Serving Size: 1 cup (150g)

Amount Per Serving

Calories 946	Calories from Fat 769
% Daily Value *	
Total Fat 92g	141%
Saturated Fat 14g	68%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Potassium 296.7mg	8%
Carbohydrates 18g	6%
Dietary Fiber 17g	16%
Sugars 1g	
Protein 31g	
Vitamin A 2%	Vitamin C 0%
Calcium 9%	Iron 53%
Manganese 35%	Magnesium 25%
Phosphorus 18%	Zinc 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.



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