

chia seeds

by Sharon Richter

chia seeds have been in the health spotlight for some time now, and for good reason: these tiny seeds have a high nutritional value. chia is extremely versatile and can make a great addition to your diet.



a good source of omega-3 ALA (alpha-linolenic acid)

two tablespoons of chia seeds provide 6g of fiber and 2900mg of omega-3 alpha linolenic acid to help support cardiovascular health. The Institute of Medicine recommends that you consume at least 1.1-1.6 grams of alpha-linolenic acid daily.

nutritional support

- a plant source of omega-3s
- a vegetarian source of protein
- a vegetarian source of essential amino acids

satiety

- they may help to reduce food cravings (their high fiber content helps you to feel full, thus inhibiting the appetite)
- they slow down the digestion & absorption of carbohydrates

not sure how to incorporate chia seeds into your daily routine?

try a few of the below examples or experiment on your own:

- eat them raw if you enjoy their nice nutty flavor
- add to your favorite salad
- perfect in yogurt and oatmeal





author: Sharon Richter

Sharon Richter is a Registered Dietitian in private practice in Manhattan. She holds a Master's and Bachelor's Degree in Clinical Nutrition from New York University. Prior to working in private practice, Sharon was the Director of Nutrition for The Tiger Schulmann's Karate (TSK) organization. While working for this organization Sharon developed a nutritional supplement line, conducted nutrition seminars, and developed a nutrition certification program for all instructors. Sharon sits on the medical/executive board for Healthination, Gojee Seed, WITS (wellness in the schools) and Sports For Youth. She enjoys living in New York City where she runs in Central Park, spins and lifts weights.

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