



Chia Seeds

Health Benefits of Chia Seeds

Chia seeds are rich in protein, omega 3 fats and soluble fiber which contribute to lowering risk for heart disease, diabetes and obesity.

2 Tbsp chia seed provides:

- 140 Calories, 4 gm protein, 11 gm fiber, 7 gm fat, no cholesterol

Potential benefits of consuming chia seeds:

- Richest plant source of omega-3 fats shown to lower cholesterol, blood pressure, inflammation and risk of heart attack and stroke
- Excellent source of soluble fiber which stabilizes blood sugars, lowers cholesterol and aids in appetite control
- Contains more calcium and magnesium than milk for bone and heart health, rich source of potassium lowers blood pressure
- Contains all 9 essential amino acids for building proteins
- Rich in antioxidants shown to lower inflammation, improve immunity and protect brain function
- Use chia seeds whole, no need to grind. Sprinkle in salads, toss with veggie sides, in baked goods, smoothies, puddings or jams
- Use as base for creamy dressings or as an egg substitute

For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

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Family & Community Health and Advanced Health



Health Benefits of Chia Seeds



Chia seeds originated in Mexico and Guatemala and were part of Aztec and Mayan culture for thousands of years. They were used as food, cosmetics and included in religious rituals. “Chian” is a Spanish word for “oily” referring to its quality unsaturated fats, particularly the essential omega-3. Of all foods, chia seeds contain the highest concentration of this healthy fat.

Like other seeds, chia is rich in nutrition. The combination of high protein, high fiber and antioxidants give these seeds disease-protecting capacity to lower risk for heart disease, diabetes, stroke, obesity and inflammation.

Chia seeds have a mild, nutty flavor and work well in a variety of recipes. They are gluten free making them a good choice for those with Celiac disease.

WHAT MAKES CHIA SEEDS GREAT?

Nutrition

2 Tbsp chia seeds provides 140 Calories, 4 gm protein, 11 gm fiber, 7 gm fat, no cholesterol.

Protein

Chia seeds contain all 9 essential amino acids necessary to build protein in the body, giving chia seeds the designation of a complete protein. The advantage to using plant sources of protein, like chia seeds, is that, unlike animal-based sources like meat and dairy, chia seeds are rich in antioxidants and contain only trace amounts of saturated fat and no cholesterol.

Fat

Anywhere between 60-75% of the fat in chia seeds consists of the essential omega-3, Alpha-linolenic acid. Omega-3 intake is associated with lower risk of heart attack and stroke.

Fiber

Chia seeds are an excellent source of dietary fiber, in particular, soluble fiber. These fibers help to blunt blood sugar spikes, lower cholesterol, and contribute to feelings of fullness for weight management. They are also a source of food (pre-biotic) for healthy gut bacteria.

Chia seeds also contain insoluble fiber, which helps relieve constipation and reduces risk of hemorrhoids, diverticulosis and colorectal cancer.

Vitamins

Chia seeds are loaded with antioxidants which fight free radical damage that can lead to aging and disease. Some of these antioxidants include chlorogenic acid, caffeic acid, myricetin, quercetin and kaempferol which each play a role in lowering blood pressure, inflammation and risk of chronic diseases.

Minerals

Chia seeds are high in minerals that support bone health including calcium, phosphorus and magnesium. Magnesium is also important for muscle contraction, including that of the heart.

BUYING & USING CHIA SEEDS

Chia seeds can be black, white or mixed. Both can be used interchangeably although white seeds may make a better flour. Most grocery stores carry chia seeds in sealed packages. Once the package is opened, refrigerate or freeze to protect the healthy fats from oxidation.

Many new products are showing up on the market that include chia seeds, since they are highly nutritious and do not trigger allergies. Look for chia seeds added to biscuits, pasta, cereal bars, snack, yogurt, breads, muffins and chips.

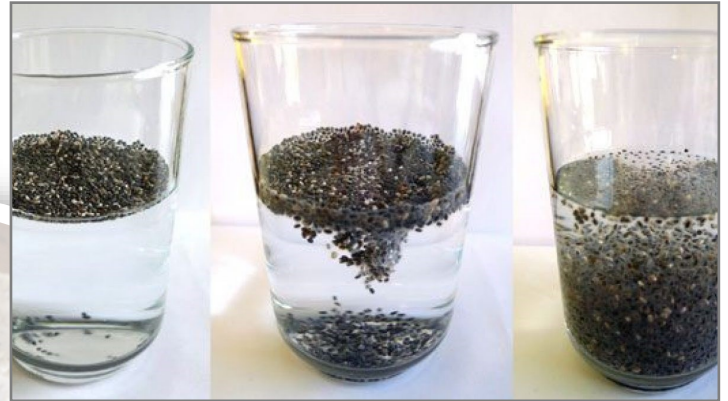


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It is easy to use chia seeds, which can be eaten raw or cooked. Sprinkle in salads, oatmeal, pancakes or baked goods. Add to veggie sides, hummus or salad dressings. Soak chia seeds in water, non-dairy milk or other liquid to make puddings or jams. Swap morning cereal with a chia breakfast. Soak chia seeds overnight in soy or almond milk. Add nuts, blueberries or banana and spices like cinnamon or vanilla. Serve hot or cold.

Lower saturated fat and cholesterol in recipes by using chia seeds as an egg replacer. Combine 1 Tbsp chia seeds with 3 Tbsp water. Stir and let rest 5 minutes before adding to recipe. Use this in place of each egg in the recipe.



Chia Tortillas

starletmom.com

gluten free, vegan

Ingredients:

2 Tbsp chia seeds	1/2 c buckwheat flour
1/4 c water	1 Tbsp coconut oil
1/4 c tapioca flour	1/3 tsp salt

Directions:

1. Combine water and chia seeds, mixing well, and let sit for 5 minutes.
2. Mix all dry ingredients and add to chia mixture. Stir in coconut oil.
3. Roll dough into circles. If dough is cracking, add more coconut oil. Too sticky, add more buckwheat flour.
4. Fry tortilla in a pan on medium heat for a few minutes, until golden brown. Flip once.

Banana Chia Pudding

Simple-veganista.com

Ingredients:

2 large, ripe or overripe bananas
2 c unsweetened coconut, almond or cashew milk
6 Tbsp chia seeds

Optional:

Pure maple syrup
Vanilla extract

Directions:

1. In medium bowl, mash bananas. Stir in non-dairy milk and chia seeds and mix.
2. Let set about 30 minutes and stir and repeat stir after another 30 minutes.
3. Cover and place in refrigerator overnight or 6 hours.
4. Garnish with coconut flakes, shaved chocolate or sliced bananas.

Chia Seed Crackers

holistichabits.com

Ingredients:

1 c chia seeds
5 c water
Sea salt

Optional:

spices, herbs, other seeds like sesame, hemp or pumpkin

Directions:

1. Stir water into chia seeds and let sit 10-20 minutes until gelatinous.
2. Add sea salt, spices, herbs or other seeds as desired.
3. Spread on dehydrator sheet and dehydrate at 107F for 12 hours, flipping halfway through.
4. Try spreading crackers with salsa and cilantro and topping with a sprinkle of hemp seeds. Or serve with hummus and cucumber.

REFERENCES

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Eatright.org
Hsph.harvard.edu/
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Ods.od.nih.gov/factsheets

Ch-Ch-Ch-Chia for Health

By Stephanie Polizzi, MPH, RDN, DipACLM

Like other seeds, chia is rich in nutrition. The combination of high protein, high fiber and antioxidants give these seeds disease-protecting capacity to lower risk for heart disease, diabetes, stroke, obesity and inflammation.



Chia seeds originated in Mexico and Guatemala and “Chian” is a Spanish word for “oily” referring to its quality unsaturated fats, particularly the essential omega-3 fat, Alpha-linolenic acid or ALA. Anywhere between 60-75% of the fat in chia seeds consists of this healthy fat. Of all foods, chia seeds contain the highest concentration of omega-3 ALA. Omega-3 intake is associated with lower risk of heart attack and stroke.

Chia seeds contain all 9 essential amino acids necessary to build protein in the body, giving chia seeds the designation of a complete protein. The advantage to using plant sources of protein, like chia seeds, is that, unlike animal-based sources like meat and dairy, chia seeds are rich in antioxidants and contain only trace amounts of saturated fat and no cholesterol.

Probably the most known benefit of consuming chia is related to its high soluble-fiber content. These fibers help to blunt blood sugar spikes, lower cholesterol, and contribute to feelings of fullness for weight management. They are also a source of food (pre-biotic) for healthy gut bacteria. Chia seeds also contain insoluble fiber, which helps relieve constipation and reduces risk of hemorrhoids, diverticulosis and colorectal cancer. Be sure to drink plenty of water when adding high-fiber foods to your diet.

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Chia seeds have a mild, nutty flavor and work well in a variety of recipes. They are gluten free making them a good choice for those with Celiac disease. It is easy to use chia seeds, which can be eaten raw or cooked. Sprinkle in salads, oatmeal, pancakes or baked goods. Add to veggie sides, hummus or salad dressings. Soak chia seeds in water, non-dairy milk or other liquid to make puddings or jams.

As an egg replacer, chia seeds work whole or ground. Combine 1 Tbsp whole or 2 Tbsp ground chia seeds with 3 Tbsp water. Stir and let rest 5 minutes before adding to recipe. Use this in place of each egg in the recipe.

Many new products are showing up on the market that include chia seeds, since they are anti-allergic and have no known toxic effects. Look for chia seeds added to biscuits, pasta, cereal bars, snack, yogurt, breads, muffins and chips. However you use chia seeds, you will find them easy and delicious and you can be assured they will add valuable nutrition to your diet.