



TRINITY
school of natural health

The Benefits of

Chia Seeds

BY TRINITY SCHOOL OF NATURAL HEALTH

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Little Seeds, Big Difference

Are you looking for a simple way to boost your daily nutritional intake? Chia seeds may be tiny, but they offer a variety of benefits that can support many areas of your body. Chia seeds come from the plant *Salvia hispanica*, native to Mexico, and have been used as a nutrient source since the Aztec and Mayan cultures.¹ These little seeds are versatile and easily incorporated into your everyday diet; even picky eaters can experience their advantages.

FIVE BENEFITS OF CHIA SEEDS

What can a few seeds sprinkled into your oatmeal really do for you? Here are five benefits:

1. Chia Seeds are Highly Nutritious

Chia seeds are packed with a multitude of nutrients. One ounce contains 9.8 grams of gut-healthy fiber, about one-third of the recommended daily intake.² Chia seeds also have an abundance of minerals, including manganese, phosphorous, copper, iron, and calcium.³ These minerals aid the body in many ways, ranging from supporting metabolism and growth to protecting bone and heart health. Chia seeds are also high in antioxidants, which may have protective effects on your heart and liver, as well as “anti-cancer properties.”⁴ Additionally, chia seeds are a great source of electrolytes and B-vitamins for muscular and cardiovascular health.⁵

2. Chia Seeds Help Reduce Inflammation

Because they have a strong ratio of omega-3 to omega-6 fatty acids and contain ample fiber and protein, chia seeds can help reverse inflammation, regulate cholesterol, and lower blood pressure.⁶ More precisely, chia seeds contain the antioxidant caffeic acid, which has also been shown to reduce inflammation.⁷ This is one reason they are listed as one of the best seeds to eat for those with high-inflammatory conditions like arthritis.⁸

3. Chia Seeds are Good for Bone Health

For those who must or prefer to avoid dairy, chia seeds are a great alternative for boosting calcium intake and promoting bone health. Without efficient calcium levels, your body can develop brittle bones, which are more prone to fractures and osteoporosis,⁹ but just one ounce of chia seeds provides your body with almost 20% of your daily calcium intake.¹⁰ During digestion, the seeds are metabolized into calcium and other minerals, like magnesium, phosphorous, and manganese, and protein to provide support for bones to grow and strengthen.¹¹

4. Chia Seeds Can Fight Heart Disease

Incorporating chia seeds into your snacks and meals can be one step toward keeping your heart healthy. Because chia seeds are high in fiber and omega-3 fatty acids, they actively promote a healthy cardiovascular system. The soluble fiber they contain can help lower total and LDL (bad) cholesterol in the blood, which can help lower the risk for heart disease.¹² Additionally, omega-3s are good for you in many ways, from reducing triglycerides (a type of fat in the blood) to slowing the buildup of plaque, which can harden and block arteries.¹³

5. Chia Seeds May Help Regulate Blood Sugar

Maintaining appropriate blood sugar levels is vital to a healthy lifestyle, and incorporating chia seeds into your diet can help. Chia seeds help stabilize post-meal blood sugar levels and improve insulin sensitivity, translating to steadier, sustained energy.¹⁴ Because of the high amount of fiber in chia seeds, the body can slow the absorption of sugar in the blood.

EASY WAYS TO ADD CHIA SEEDS TO YOUR DIET

Chia seeds are simple to incorporate into your daily foods due to their versatility and mild flavor. They can be added to almost any meal. Here are a few examples:

- Add chia seeds to your morning oatmeal, cold cereal, or yogurt
- Try a new chia seed pudding recipe
- Sprinkle some seeds into your smoothies
- Mix chia seeds into your vegetables or rice dishes
- Use chia seeds' ability to absorb water and fat to thicken sauces and soups
- Stir chia seeds into your favorite salad dressing
- Substitute chia seeds instead of eggs when baking



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Conclusion The Benefits of Chia Seeds

When it comes to nutritional benefits, chia seeds pack a punch. Not only do they provide vitamins and minerals to your diet, but they also offer holistic health advantages and are easy to add to any meal. Like all foods, eating in moderation is key. A common recommendation for chia seed intake is about 1.5 tablespoons twice per day.¹⁵ Remember to drink plenty of water to prevent any digestive side effects since the seeds are highly absorptive.

At Trinity School of Natural Health, we teach you how to maximize your natural wellness, adopt a healthier lifestyle, and equip others to be healthy too. Enroll in our Certified Nutritional Consultant program today by calling 800-428-0408, option 2, or visit our website to learn more at Trinityschool.org/program/cnc.



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