

Try Me!

Flaxseed

Nutrition & Health Benefits

This little seed packs a powerful punch! Here are the nutritional benefits you get for adding flaxseed to your diet.

Fiber - Flaxseeds contain both soluble and insoluble fiber to keep your digestive system in great shape.

Omega-3 fatty acids - This is the best plant source of healthy omega-3's. These are the same omega-3's that are found in salmon.

Lignans - flaxseeds are one of the best plant sources for lignans, a type of phytoestrogen that may protect against certain types of cancer.

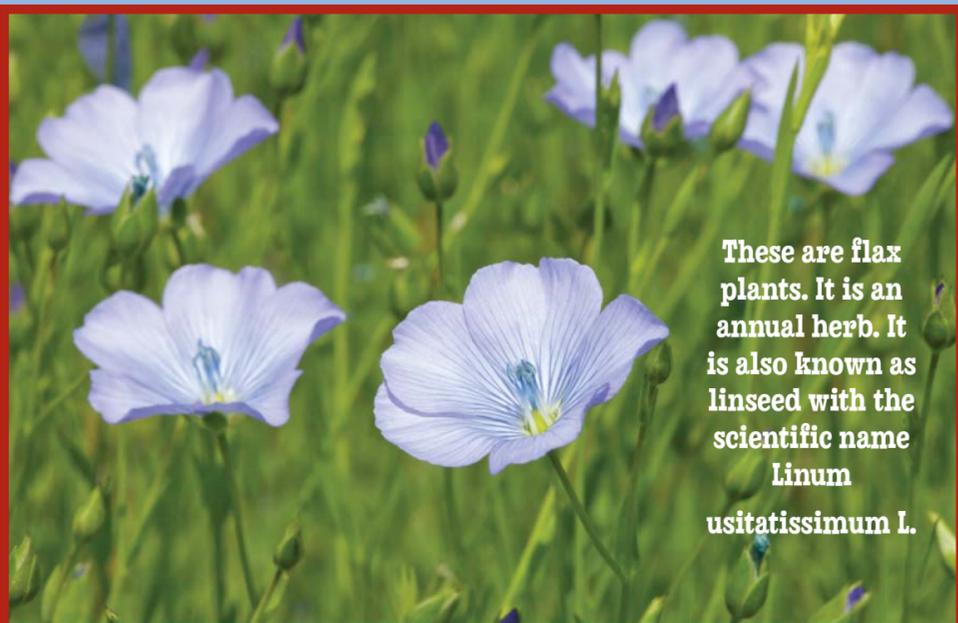
Protein - If you are a vegetarian, consider adding this food to your diet as it is a complete protein source - a rarity in plant-based foods.

One tablespoon of Flaxseed contains:

35-40 calories
1.6 grams of protein
2.8 grams of carbohydrate
2.8 grams of fat
2.5 -8 grams of fiber
3 milligrams of sodium

Not only is flaxseed nutritionally sound, it has some health benefits that may help you both short and long term.

- ▶ Regulate bowel functions and prevent constipation.
- ▶ Help improve blood glucose control for people with diabetes.
- ▶ Decrease the risk of developing heart disease.
- ▶ Decreases inflammation for people with arthritis.
- ▶ Prevention for breast, prostate, and colon cancers.



These are flax plants. It is an annual herb. It is also known as linseed with the scientific name *Linum usitatissimum* L.



What does flaxseed taste like?

It has a nutty flavor.

Types of Flaxseed

Flaxseed comes in three different forms; not all are available in grocery stores but most natural food stores sell the products. Choose the form of flaxseed that works best for your needs.

Whole - These will store well because the seed is intact. Keep in mind that you will need to grind the seed before you use it. Once it is ground, store it in an opaque container in the refrigerator or freezer. Once ground you can add your flaxseed to any food and baked goods.

Ground - This is a little more expensive than whole flaxseed and highly perishable when exposed to air and light. Store as above. You can add this to any food and use in baking.

Flaxseed Oil - You can find opaque bottles in the refrigerated section. It is considered a supplement and is not for cooking. It is extremely perishable and goes bad quickly when exposed to air, light, and heat. Only add flaxseed oil to chilled foods like smoothies, yogurt, or salad dressings.

Curious about Flaxseed?

Try it on Wednesday, November 28. We will have samples of Flax Ginger Cookies and Hot Horsepower!

MEATLESS MONDAY