



HEALTH TIP OF THE WEEK

01/10: Chia Seeds

Chia seeds are small, but mighty in terms of nutrients! The antioxidants, minerals, fiber, and omega-3 fatty acids in chia seeds promote heart health, support strong bones, and improve blood sugar management. Here are several benefits of these tiny seeds:

Highly nutritious

Just 1 ounce (2 tablespoons) of chia seeds contains:

- Calories: 138
- Protein: 4.7 grams
- Fat: 8.7 grams
- Alpha-linolenic acid (ALA): 5 grams
- Carbs: 11.9 grams
- Fiber: 9.8 grams
- Calcium: 14% of the Daily Value (DV)
- Iron: 12% of the DV
- Magnesium: 23% of the DV
- Phosphorus: 20% of the DV
- Zinc: 12% of the DV
- Vitamin B1 (thiamine): 15% of the DV
- Vitamin B3 (niacin): 16% of the DV



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Loaded with antioxidants

- Chia seeds are also an excellent source of antioxidants.
- Antioxidants not only protect the sensitive fats in chia seeds from going rancid, but they also benefit human health by neutralizing reactive molecules known as free radicals, which can damage cell compounds that can build up in your body.
- For example, free radical damage contributes to aging and diseases like cancer.

May support weight loss

- The fiber and protein in chia seeds may benefit those trying to lose weight. One ounce (28 grams) of chia seeds has close to 10 grams of dietary fiber. That means they're a whopping 35% fiber by weight.
- Most of the fiber in chia seeds is soluble. It absorbs water, becomes gel-like, and expands in your stomach to slow your digestion and help you feel full after a meal.
- Additionally, the protein in chia seeds may help reduce appetite and food intake.

Possess bone nutrients

- Chia seeds are high in calcium, magnesium, and phosphorus. All of these nutrients have been linked to improved bone mineral density.
- Good bone mineral density is an indicator of bone strength.

May lower risk of heart disease

- Given that chia seeds are high in fiber and omega-3s, consuming them may reduce your risk of heart disease.
- Soluble fiber, the kind primarily found in chia seeds, can help lower total and LDL (bad) cholesterol in your blood. In turn, this can reduce your risk of heart disease.
- Consuming the omega-3 fatty acid in chia seeds is linked to decreased heart disease risk.

Easy to incorporate into your diet

- Chia seeds can be eaten raw, soaked in juice, or added to oatmeal, pudding, smoothies, and baked goods. You can also sprinkle them on top of cereal, yogurt, vegetables, or rice dishes.
- Given their ability to absorb water and fat, you can use them to thicken sauces and as an egg substitute.
- The seeds are generally well-tolerated. Still, if you're not used to eating much fiber, you may experience bloating or diarrhea if you eat too many seeds in one sitting.
- A common dosage recommendation is 0.7 ounces (20 grams or about 1.5 tablespoons) of chia seeds twice per day. Remember to drink plenty of water to prevent digestive side effects.