

CHIA SEEDS

NUTRITIONAL INFO IN 100G:

CALORIES: 486
WATER: 6%
PROTEIN: 16.5 GRAMS
CARBS: 42.1 GRAMS
SUGAR: 0 GRAMS
FIBER: 34.4 GRAMS
FAT: 30.7 GRAMS
SATURATED: 3.33 GRAMS
MONOUNSATURATED: 2.31 GRAMS
POLYUNSATURATED: 23.67 GRAMS
OMEGA-3: 17.83 GRAMS
OMEGA-6: 5.84 GRAMS
TRANS: 0.14 GRAMS

Proteins: Chia seeds contain 19% protein

Carbs: More than 80% of the carb content of chia seeds is in the form of fibre.

Fats: chia seeds are the best known plant-based source of omega-3 fatty acids

Minerals: Manganese, Selenium, Phosphorous, Copper, Magnesium, Calcium

MAIN HEALTH BENEFITS:

INCREASED BLOOD LEVELS OF OMEGA-3
IMPROVED BLOOD SUGAR CONTROL
LOWER BLOOD PRESSURE
INCREASED FIBRE INTAKE

