



Chia seeds



Chia (*Salvia hispanica* L.) is a plant growing mainly in Middle and South America. Its fruits contain a large number of oval seeds. The seeds are high in fibre and are a source of protein, which makes them a valuable addition to a varied diet. Moreover, they are high in polyunsaturated fat, including omega-3 fatty acids, which include alpha-linolenic acid (ALA). Alpha-linolenic acid contributes to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 2 g of ALA. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

Chia seeds are a great cooking inspiration. They may be added to salads, groats, omelets and yoghurt. They are perfect for sprinkling over pastries, cereal or fruit and nut mixes. They are a great addition to liquid treats, like fruit and veggie cocktails or juices. Milled chia seeds may also be used to thicken soups or sauces. To use them in such manner they need to be ground directly before adding them to the dish.

Do not consume more than 15 g (approx. 4 tsp) of chia seeds a day.

Ingredients: chia seeds (*Salvia hispanica* L. seeds).

Nutrition declaration per 100 g of product

Energy value	1781 kJ/432 kcal
Fat, of which:	29 g
saturates	2.5 g
mono-unsaturates	1.9 g
polyunsaturates	23 g
Carbohydrate, of which:	2.2 g
sugars	0 g
Fibre	33 g
Protein	23 g
Salt	0 g

Omega-3 (alpha-linolenic acid)	18 g
Omega-6 (linoleic acid)	5.1 g
Omega-9 (oleic acid)	1.7 g

Volume:

- 250 g

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