

FLAX SEED

These tiny seeds have MANY health benefits which make them an ideal choice to add to your diet!



What are the health benefits?

It protects against Cardiovascular Diseases

- Flaxseed's omega-3 *fatty acids* help reduce the 'bad' cholesterol, protecting you from cardiovascular disease
- Flaxseed attaches to fat circulating in your system, lowering your total cholesterol
- Omega-3 helps decrease the thickness of the blood, reducing blood pressure
- Omega-3 minimizes the threat of blood clots, a risk for strokes

It's a source of Dietary Fiber

- Soluble fiber helps prevent constipation
- Slows food down, reducing your blood sugar level, ideal for diabetics
- The fiber attaches to fat, lowering your total cholesterol

It protects against some Cancers

- Lignan, which is a plant compound, and omega-3 fat which are both found in flaxseed, help balance out hormones, protecting you against cancers such as breast and prostate
- Flaxseed has shown reduction of the spread of these cancers to other sites in the body
- Flaxseed has shown reductions in breast cancer tumor growth
- Omega-3 fat protects the colon from cancer-causing toxins, reducing the risk of colon cancer

It's an Anti-Inflammatory

- Omega-3 converts to an anti-inflammatory hormone, reducing osteoporosis, arthritis and atherosclerosis

Enjoy Flaxseed

By...

- ✓ grinding and adding it to smoothies and milkshakes
- ✓ adding it ground to the top of your yogurt and cereal
- ✓ adding it to bake goods such as cookies, muffin and breads
- ✓ sprinkling it ground on salads and soups
- ✓ mixing it in pancake and waffle batter
- ✓ making sandwiches with flaxseed bread

How Much Should I have?

- Try and consume about *2 tablespoons* of ground flaxseed per day
- Add to the diet *gradually* due to its dietary fiber
- If you add too much, too soon, the fiber may have unsatisfactory actions (constipation!)
- Add little by little into your diet, and remember to drink plenty of water with it!

How can I Buy and Store it?

You can purchase flaxseed whole or ground, but many of its beneficial parts are only available once it's ground

Grind flaxseed yourself in a coffee grinder or food processor!

Store in an air tight container in the refrigerator to prevent the oils from going rancid

FUN FACT

1 egg can be replaced in baking with
1 TBSP of ground flaxseed
mixed