

Re: Chia seeds, packed with nutrition, have become a health-food fad

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Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2008-05/msg00000.html>

- *From:* Ron Peterson <ron@xxxxxxxxxxxxxxxx>
 - *Date:* Wed, 30 Apr 2008 15:38:09 -0700 (PDT)
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On Apr 30, 1:55 am, "trigonometry1...@xxxxxxxxx" <trigonometry1...@xxxxxxxxx> wrote:

On Apr 27, 9:45 pm, Ron Peterson <r...@xxxxxxxxxxxxxxxx> wrote:

It's a good source for the omega 3 fatty acid (ALA). I am not sure that the other nutrients are significant for the cost or calories consumed.

Grinding them in a coffee mill helps them assimilate water faster with less gritiness. I use 1 g of chia per 1 oz of milk when making a chocolate shake. (the chia acts like a thickener).

<http://www.chiaseedandoil.com> is considerably less expensive.

Download the SR-19 program from the USDA.
Dried chia seeds are in the database.
They have quite a lot of carbs and fatty acids.

It refuse to window refuses to "cut" so I can "paste" the values.

I found the web site and can cut and paste, but it doesn't make a table suitable for a newsgroup posting. The web page link doesn't work right for distributing. The general site address is <http://www.nal.usda.gov/>

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Anyway, 100 g of chia seed have:

energy – 490 kcal

protein – 15.62 g

total lipids – 30.75 g

ALA – 17.55 g

carbohydrate – 43.85 g

Fiber – 37.7 g

I would conclude that chia is a good source of ALA and fiber, but protein needs to be supplemented. 100 g of chia is probably too much to consume in a day.

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Ron

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