- With a nutty flavor, flax meal is delicious in oatmeal, on salads or in baked goods. 1 Tbsp flax meal + 3 Tbsp water replaces 1 egg
- blood sugars and promote satiety for weight management Contain compounds our body converts to lignans, plant estrogens shown to reduce risk of cancer, osteoporosis and heart disease

• Source of soluble fiber that helps lower cholesterol, maintain steady

70 Calories, 3 gm protein, 3 gm fiber, 4.5 gm fat, no cholesterol

- Rich in the essential omega-3 fatty acid, alpha linoleic acid (ALA), with anti-inflammatory properties associated with lowering risk of heart
- disease, stroke, autoimmune disease and depression
- Contain B vitamins, magnesium, phosphorus, calcium, iron & potassium

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- Potential benefits of consuming flaxseeds:
- 2 Tbsp (per day) ground flaxseed provides: 70 Calories, 3 gm protein, 3 gm fiber, 4.5 gm fat, no cholesterol

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Health Benefits of Flaxseeds

x Seed Flax seeds (or flaxseeds) are best consumed ground which releases the nutrition within. They are a good source of protein, omega-3 fats, lignans and fiber.





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