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www.advancedhealth.com/healthy-bytes-initiative

 Use chia seeds whole, no need to grind. Sprinkle in salads, toss with veggie sides, in baked goods or smoothies, can also use as egg substitute

- Rich in antioxidants shown to lower inflammation, improve immunity and protect brain function
 - health, rich source of potassium lowers blood pressure Contains all 9 essential amino acids for building proteins
- cholesterol and aids in appetite control

 Contains more calcium and magnesium than milk for bone and heart
- Excellent source of soluble fiber which stabilizes blood sugars, lowers
- Richest plant source of omega-3 fats shown to lower cholesterol, blood

Potential benefits of consuming chia seeds:

2 Tbsp chia seed provides:
140 Calories, 4 gm protein, 11 gm fiber, 7 gm fat, no cholesterol

Health Benefits of Chia Seeds



Chia seeds are rich in protein, omega 3 fats and soluble fiber which contribute to lowering risk for heart disease, diabetes and obesity.

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