



# Focus On Food



## Three Top Reasons to Make Chia a Healthy Habit

(NAPSA)—Here's food for thought: Adding a serving of chia seeds to meals every day offers a more natural way to improve health and well-being than consuming multiple nutritional supplements, vitamins and energy drinks.

Eating nutrient-dense whole foods is a tasty and natural way to boost health from the inside out. Chia, widely considered a “superfood,” contains essential fatty acids, fiber, calcium, magnesium, potassium, iron, protein and antioxidants.

Good reasons many make chia a daily health habit include:

**1. Appetite control.** In addition to delivering a nutritional boost, chia can be used to curb appetite and increase energy. The seeds absorb many times their weight in water, helping to slow digestion and ward off cravings and sugar crashes. The dietary fiber in chia seeds also supports healthy digestion naturally.

**2. Healthier hair, skin and nails.** Beauty-boosting Omega-3s are “essential” polyunsaturated fats that contribute to improved circulation and cell function. Because the body is unable to produce these fats, the only way to get them is from food. Omega-3s include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are found in fish such as tuna, salmon and mackerel, and alpha-linolenic acid (ALA), which comes from plant sources. Chia is a more potent plant source than flaxseeds.

**3. Easy to use.** Chia seeds are very versatile. You can sprinkle them onto cereal, add them to smoothies and shakes, or cook and



**A great way to improve your nutrition is to add chia seeds to everyday food like smoothies.**

bake with them to boost the nutrition of favorite recipes. Unlike flax, chia seeds do not need to be ground. Mixed with water or almond milk, they swell up to create a gelatinous base for all kinds of desserts and beverages.

When choosing chia, it's important to consider the quality of the seeds to ensure nutritional consistency. For example, unlike generic chia seeds, one tablespoon of white Salba Chia whole seeds provides 800 percent more Omega-3s (ALA) than salmon and less than a gram net carbohydrate per serving.

Salba Chia is the only form of chia for which there are positive published health and medical studies. Grown under strict conditions, these white seeds are gluten free, contain no trans fats and are Non-GMO Project Verified.

### Learn More

For recipes and further information, visit [www.salbasmart.com](http://www.salbasmart.com).