



Chia, Flax Seed or Hemp Hearts - Which One Is Best?

By Richelle Tabelon BSc, RD Registered Dietitian www.healthstandnutrition.com

Chia, flax seed and hemp hearts have become very popular among consumers and health enthusiasts in the recent years. All 3 products are vegan friendly and gluten-free (safe for those with Celiac Disease). Whether you sprinkle them in your yogurt, cereal, salad, shake, or baking the nutritional content of these products may provide some health benefits. So which one is best?

The answer is: it depends on what health benefit you are looking for!

Nutrition Comparison:*

per 30g or ~3 Tbsp	Calories	Omega-3 (ALA)	Fibre	Protein
Chia Seed	150	5g	11.7g	5g
Hemp Hearts	170	2.5g	3g	10g
Flax Seed (ground)	150	7.5g	8g	4.5g

(*Note: There are many different brands of these products so nutritional content may vary slightly depending on the producer. Check Nutrition Facts tables to be sure of the content.)

Summary:

Chia Seed:

- Contains the most fibre per serving
- Contains calcium

Hemp Hearts:

- Contains the most protein per serving
- Contains (non-heme) iron and zinc
- Canadian grown sources

Flax Seed (ground):

- Contains the most Omega 3 (ALA) per serving. (Note: Fish is still a better source of Omega 3 because it contains EPA and DHA which have the heart health, brain function and more benefits. ALA converts to EPA and DHA but in small amounts.)
- Canadian grown source

It's your **health.**



Take a stand.

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Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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