



# BENEFITS AND USE OF SEEDS

# SEEDS CONTAIN:

SOME CARBOHYDRATES

RIGHT AMOUNT OF PROTEIN

HIGH AMOUNTS OF HEALTHY FAT

SOURCE OF VITAMINS

RICH IN MINERALS

SOURCE OF PHYTONUTRIENTS

FIBRE





# SEED BENEFITS:

CARDIOVASCULAR HEALTH

BRAIN HEALTH

IMMUNE HEALTH

DIGESTIVE HEALTH

HORMONAL HEALTH

BONE HEALTH

EYES, SKIN, HAIR, NAILS

ENERGY LEVELS

LONGEVITY

# SEEDS CAN PROTECT AGAINST:

CANCERS

TYPE 2 DIABETES

HEART DISEASE

HYPERTENSION

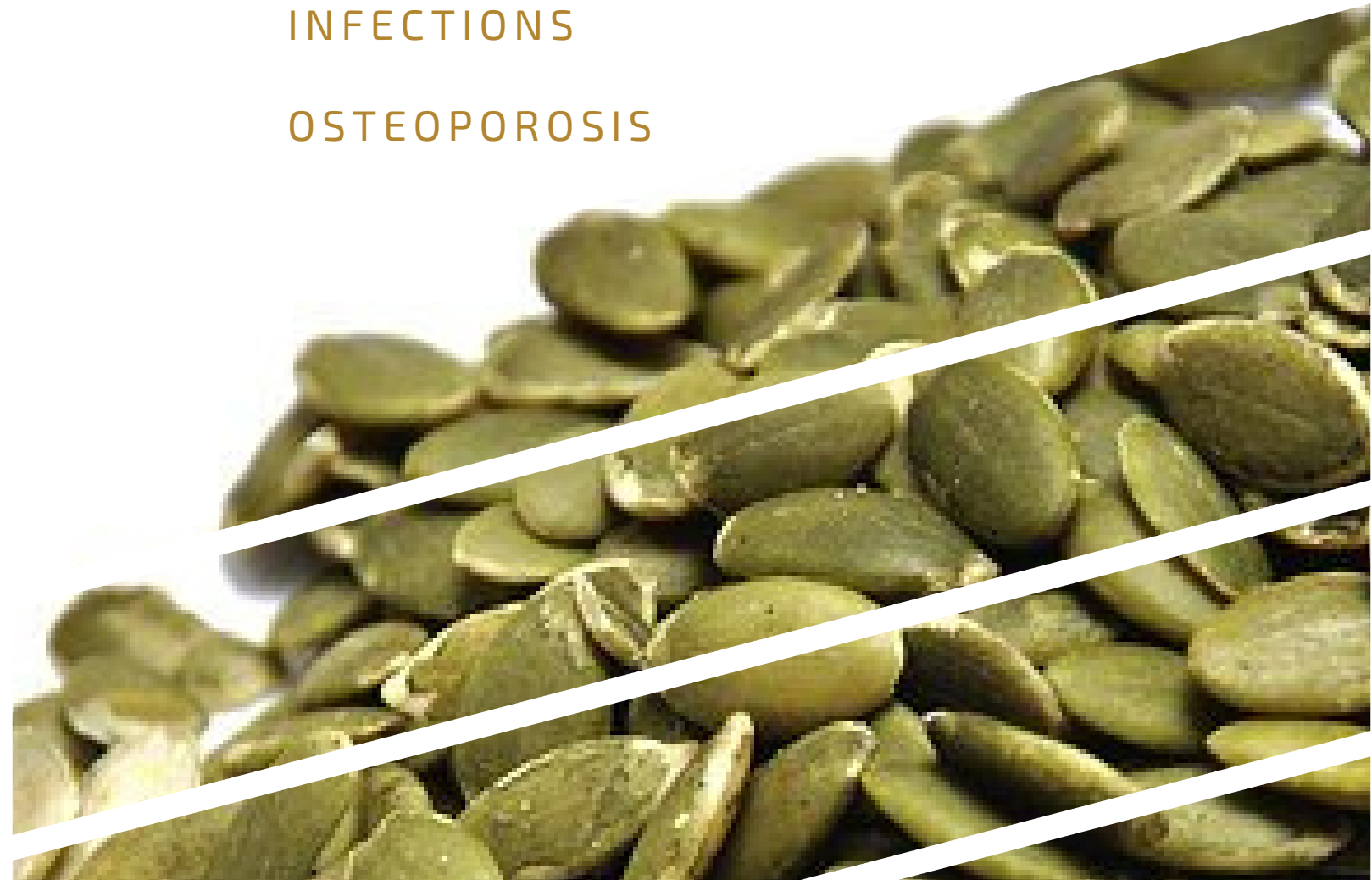
CHOLESTEROL IMBALANCE

HORMONAL IMBALANCE

WEIGHT IMBALANCE

INFECTIONS

OSTEOPOROSIS







# SEEDS SUPPORT OPTIMAL:

BLOOD SUGAR

BLOOD PRESSURE

CHOLESTEROL

IMMUNITY

MENTAL HEALTH

CELL, TISSUE, AND ORGAN  
REGENERATION AND HEALING

# TO OPTIMIZE THE BENEFITS OF SEEDS:

Eat a variety of seeds daily

Add seeds in small amounts to your diet; for healthy snacks/dessert per day

Consume seeds in their raw forms

Consume natural raw seeds:  
unflavoured and unsalted

Choose organic whenever possible

**Avoid** roasted or processed seeds





# ABOUT SEEDS

Certain seeds can benefit from being soaked

Certain seeds can benefit from being ground

Chia and flax seeds will gel in the presence of water and can be used wherever a natural binding agent may be required

Best stored in cool, dark places (fridge, freezer)

# TO USE SEEDS IN YOUR DIET:

SMOOTHIES

SALADS

STEAM OR STIR-FRY VEGGIE DISHES

COOKED WHOLE GRAIN BOWLS

NATURAL SEED BUTTERS

NATURAL SEED MILKS

EAT THEM ON THEIR OWN AS A SNACK







# OMEGA-3 QUANTITIES AND RATIOS:

FLAX - MORE OMEGA-3 THAN  
OMEGA-6 (4:1 RATIO)

CHIA - MORE OMEGA-3 THAN  
OMEGA-6 (3:1 RATIO)

HEMP - LESS OMEGA-3 THAN  
OMEGA-6 (1:3 RATIO)

# SEED VARIETY

CHIA SEEDS

FLAX SEEDS

HEMP SEEDS

POPPY SEEDS

PUMPKIN SEEDS

SESAME SEEDS

SUNFLOWER SEEDS

