



## Accurate Clinic

2401 Veterans Memorial Blvd. Suite16  
Kenner, LA 70062 - 4799  
Phone: 504.472.6130 Fax: 504.472.6128

[www.AccurateClinic.com](http://www.AccurateClinic.com)

## CHIA SEED NUTRITIONAL DATA AND FACTS

Chia is a variety of *Salvia hispanica* L. and its seed is nutritionally superior to flax and soy. Chia seed is the richest known non-marine whole food source of Omega-3 and high in dietary fiber and magnesium. About the size of a sesame seed, it has a light nutty taste, it's odorless and it's easy to add to recipes, often as a thickener.

### A Great Source of Chia Seeds:

"Mamma Chia," is a wonderfully tasting, healthy, all natural beverage that contains chia seeds enough to provide significant dietary needs for protein, fiber, Omega-3 and magnesium, It comes in 4 flavors: Cherry-Lime, Blackberry-Hibiscus, Cranberry-Lemonade and Raspberry-Passion. It can be purchased at Whole Foods in Metairie and Uptown on Magazine. Just one bottle of "Mamma Chia" contains 10gms of fiber and 2000mg of Omega-3. Or, a 3lb bag of chia seeds can be purchased for about \$20 online at [www.GetChia.com](http://www.GetChia.com).

### Nutritional content of 20g chia seeds (about 2 tbs):

Calories (Kcal) = 66 Protein (g) = 4.14 Carbohydrates (g) = 7.5  
Total Fat (g) = 6.56 Saturated Fat (g) = 0.64 Trans Fat (g) = 0  
Monounsaturated Fat (g) = 0.44 Polyunsaturated Fat (g) = 5.44 Cholesterol (mg) = 0  
Omega-3 (ALA) (g) = 4.2 Omega-6 (Linoleic Acid) (g) = 1.24 Total Dietary Fiber (g) = 8.25  
(Soluble (g) = 1.07 Insoluble (g) = 7.18) Sodium (mg) = 0.42 Potassium (mg) = 140 Calcium  
(mg) = 142.8 Iron (mg) = 3.28 Phosphorus (mg) = 213.4 Magnesium (mg) = 78

### Chia seeds are an excellent source of Omega-3:

Omega-3 is known to be good for the heart and it helps reduce the pain associated with inflammation. The WHO and USDA recommend a daily intake of at least 1200 mg Omega-3 for a healthy diet. Just 2 tablespoons (20g) daily of chia seed, provides over 4000mg of Omega-3.

### Chia seeds are an excellent source of fiber:

It is recommended to have a daily intake of at least 30gms of fiber. Just 2 TBSP of chia seeds contain about 8gms of fiber, supplying more than 25% of your daily needs

### Chia seeds are an excellent source of balanced protein:

Chia seeds contain 20% protein with all essential amino acids, an inexpensive vegetable source of protein with high nutritional value.

### Chia whole bread contains large amounts of Omega-3 and fiber:

Whole bread made with chia seeds and with flax seeds were compared for their nutritional characteristics. The study showed that compared with the bread with flax, bread with Chia has higher nutritional value. In addition to the high content of dietary fiber and Omega-3 fatty acids, it is rich in antioxidants, calcium and phosphorus.