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Accurate Education

Chia Seeds

Chia seeds have been known as a food source for over 5,500 years and were one of the most important components of the diet of the Mayas and Aztecs. They have excellent nutritional value and are one of **the highest recommended food supplements**.

Chia Seeds are an excellent source of soluble dietary fiber, anti-inflammatory omega fatty acids [omega-3 (ALA) and omega-6 (at an excellent 3:1 ratio)], fiber, magnesium, zinc and calcium with high protein, vitamin and antioxidant content. By absorbing water, they also improve hydration and help maintain fluid balance.

The best part is that they are readily available, inexpensive and easily incorporated into one's diet. For those with diverticulitis or inflammatory bowel disease in which seeds need to be avoided or limited, chia seed powder offers the same nutritional benefits. To make chia seed powder, use a coffee grinder to process whole chia seeds in small batches until a fine, flour-like consistency is achieved. Grind only what you need and store the powder in an airtight container in the refrigerator or freezer to prevent the oils from going rancid.

Chia Seeds vs. Flax Seeds Chia and flaxseeds seeds are both nutrient-dense, gluten-free specialty seeds that support cardiovascular, metabolic, and gastrointestinal health with antioxidant and anti-inflammatory properties. Chia seeds are higher in dietary fiber, calcium, phosphorus, and vitamin E. Flaxseeds are higher in total fat, especially alpha-linolenic acid (ALA, omega-3), and lignans (an antioxidant "plant estrogen"). Both seeds are excellent sources of plant-based omega-3, fiber, and minerals, but chia seeds have more calcium and vitamin E, flaxseeds have more lignans and total fat.

Nutrition

One serving (1 ounce which is 28 grams or 2-1/2 tablespoons) of chia seeds) contains:

Calories: 138 calories per serving

Protein: 4.7 grams per serving

Fat: 8.7 grams per serving

Fiber: 9.8 grams per serving

Carbohydrates: 11.9 grams per serving

Omega-3 Alpha-linolenic acid (ALA): 5 grams per serving

calcium: 14% of the Daily Value (DV)

iron: 12% of the DV

magnesium: 23% of the DV

phosphorus: 20% of the DV

zinc: 12% of the DV

vitamin B1 (thiamine): 15% of the DV

vitamin B3 (niacin): 16% of the DV

Antioxidants

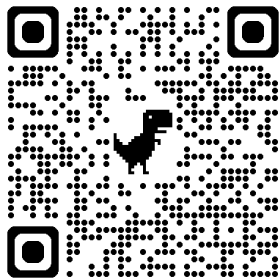
Chia seeds are also an excellent source of antioxidants. Antioxidants not only protect the fats in chia seeds from going rancid, they also neutralize reactive compounds known as free radicals, which damage cells in your body. The specific antioxidants in chia seeds include quercetin, kaempferol, chlorogenic acid, caffeic acid and myricetin. These all have protective effects for the heart and liver and help fight against cancer.

Health benefits

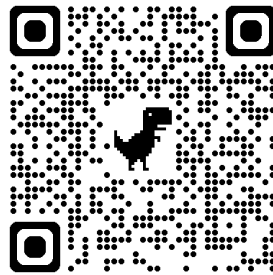
- **Systemic inflammation (SI) and Oxidative Stress (OS):** Research shows that chia seed supplementation leads to a statistically significant reduction in C-reactive protein (CRP), a marker of systemic inflammation, especially in overweight and cardiovascular at-risk populations. The antioxidants in Chia seeds contribute to a reduction in OS. SI and OS are both major drivers of chronic pain as well as diabetes, cardiovascular diseases and stroke. Higher CRP levels correlate with increased pain sensitivity and greater symptom severity in chronic pain conditions, including fibromyalgia.
- **Chronic pain:** Evidence for direct benefits of chia seeds on chronic pain is limited but research indicates that they may reduce inflammatory pain and hyperalgesia through reduction in SI and OS rather than by direct analgesic effects.
- **Cardiovascular (CV) disease:** Chia seeds offer small but significant improvements in CV risk, including reductions in blood pressure, total cholesterol, LDLs, triglycerides, and waist size.
- **Blood Sugar:** Rich in viscous soluble fiber, chia seeds support digestion and helps maintain steady blood sugar levels by slowing gastric emptying and absorption of carbohydrates from the intestines. This is helpful for diabetes prevention and management.
- **Weight management and satiety:** Chia seeds provide a low-calorie sense of fullness, useful when eaten pre-meal for appetite control. For more sustained satiety and reduced cravings, soak chia seeds in milk.

How to Eat Chia Seeds

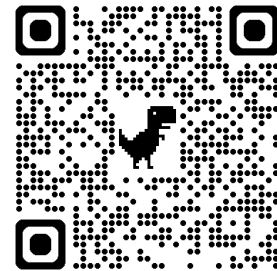
- To use chia seeds most effectively, soak them in water, milk, or juice for at least 10–15 minutes to form a gel that's easier to digest.
- Eat them raw, but in moderation as raw chia seeds can swell in the throat or stomach and cause discomfort.
- Soak them in juice for added flavor and nutrients, then add them to vegetables, beans, rice dishes, pastas, baked goods, oatmeal, cereal, yogurt, pudding or smoothies.
- When chia seeds are soaked in milk, chia fiber provide better blood sugar control.
- Use them to thicken sauces or as an egg replacement
- Sprinkle them on top of salads
- *And don't forget [Victananda's Chia Seed pudding!](#)*



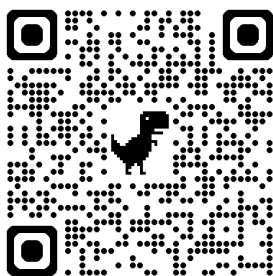
Chia Seeds



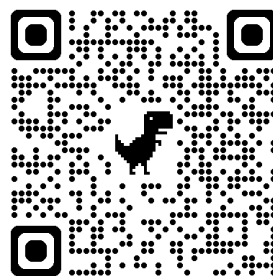
Dietary Fiber



Magnesium



Systemic Inflammation



Oxidative Stress & Pain