

seeds

Flaxseed, sesame seeds, sunflower seeds and pumpkin seeds provide your body with the essential fatty acids that it cannot produce itself. The seeds provide fatty acids in the form of Omega 3 and Omega 6. Omega 3 fats are used to produce substances that reduce the formation of blood clots, which can reduce the risk of heart attack and stroke. Omega 6 fatty acids have a number of health benefits including promotion of healthy cholesterol levels, cardiovascular health and cellular health throughout the body.

These good health promoting fats encourage strong bones, nails, skin and healthy hair. Good fats are also responsible for the production of hormones, energy production, absorption of vitamins, insulation of body organs and tissues, and help to regulate the metabolism.

As well as providing you with good fats, the seeds in your Quick Loss Program supply your body with iron, calcium, zinc, potassium and phosphorous as well as healthy amounts of dietary fibre. They are low in saturated fats and contain no cholesterol.

Seeds are an excellent source of protein and they help to maintain a feeling of fullness while bulking up your meals. Sprinkle your seeds over your steamed vegetables and salads or try putting all your seeds into your yoghurt each morning for breakfast with a piece of fruit - it's a great way to start the day!

Did you know?

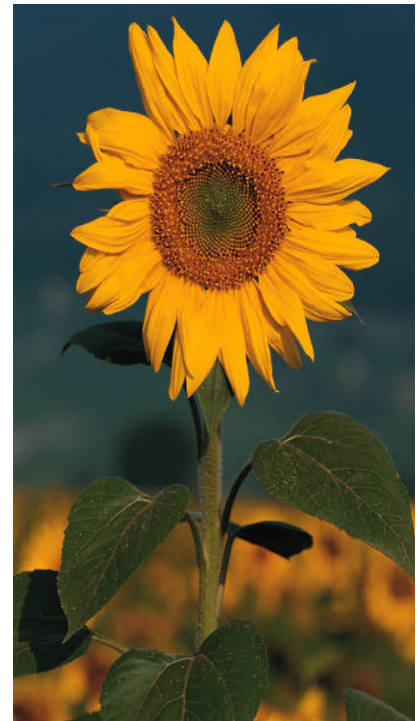
To prevent your seeds from turning rancid they should be stored in an airtight container in the refrigerator. Remember to consume your seeds raw rather than toasting them, as heat from cooking, light and humidity will speed their spoilage.

References

Balch, J.F., Balch, P.A., Prescription for Nutritional Healing, (1997), 2nd ed. Avery Publishing Group, pg 52, 65 – 79.

<http://www.whfoods.com/>

http://www.wholehealthmd.com/refshelf/foods_view/1,1523,288,00.html



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