Ten Healthy Seeds

Though they are small, they pack a powerful nutritional punch.

Flax seeds

• Rich in fiber and Alpha Linolenic acid (ALA), they help prevent hardening of the arteries and decrease inflammatory reactions.
• Contain lignans – chemical compounds with antioxidant qualities that may protect against cancers and regulate estrogen production.
• Can help lower blood sugar and LDL cholesterol levels.

For better absorption, grind the seeds in a little coffee grinder. Add to cakes, breads, sauces or meat mixtures.

Chia seeds

• Packed with fiber, protein and Omega-3 acids, they help improve metabolic and cardiovascular health.
• High in calcium, manganese, magnesium and phosphorus they support bone health and athletic endurance.
• High in antioxidants, the seeds can prevent or slow down cell damage.

Sprinkle on cereals, yoghurt, vegetables or rice dishes. Add to beverages, smoothies, burgers, breads and cakes. Great to thicken liquids.

Pumpkin seeds

• High in tryptophan – a compound that prevents depression and helps you sleep at night.
• Good for brain health - an excellent source of plant-based Omega-3 acids.
• Rich in magnesium, manganese, copper, zinc, antioxidants and protein.

Delicious raw or roasted with some soya sauce, paprika or other spices. Sprinkle on salads, add to breads, rice or stir-fry dishes.

Sesame seeds

• Packed with protein, fiber, Vitamin B1 and essential minerals.
• Lower cholesterol and promote healthy blood vessels, bones and joints.
• Contain *sesamol* and *sesaminol* compounds that help keep your body cells healthy.

Great for coating falafels, burgers, meat balls or cutlets. Add to steamed broccoli or stir-fries. Add to homemade vinaigrettes or bread, cake and muffin batter.

Sunflower seeds

• Contain Vitamin E and phytosterol compounds that help lower cholesterol and prevent cardiovascular disease.
• High in selenium – a trace mineral that protects against infections and cancer.
• Have plenty of magnesium to calm nerves, tone muscles and reduce blood pressure.

De-shelled, they are delicious raw or roasted. Add to stir-fries or the top of breads or cakes. Sprinkle on salads or add to breakfast cereals.

Pomegranate seeds

• Packed with nutrients, fiber and antioxidants – a key food in the fight against cancer and heart disease.
• Can help reduce joint inflammation and arthritic pain.
• Contain immune-boosting Vitamin C.
• A good source of Vitamin K for proper iron absorption and blood clotting.

You can eat them whole or include them in salads, salsas, main meals, smoothies or desserts.

Cumin seeds

• An excellent source of fiber, the seeds also contain plant chemicals that ease indigestion and flatulence.
• Help boost the immune system and relieve common cold symptoms.
• Rich in flavonoids and iron, copper and other essential nutrients – they enhance healthy red blood cell production, circulation and cognitive performance.

Great toasted or roasted in Indian curries, meat and rice dishes. Good in soups, dips, barbecue sauces, pickles.

Poppy seeds

• Have dietary fiber that prevents constipation and lowers LDL cholesterol.
• An excellent source of B-complex Vitamins that help convert food into fuel.
• Contain essential minerals, such as, calcium, copper and potassium – all vital for a healthy blood pressure, a regular heart rate and normal red blood cell production.

Sprinkle or include in bagels, cakes, breads. Add to smoothies. Great in egg, pasta or curry dishes.

Hemp seeds (De-shelled)

• Contain high-quality, easy to digest protein that is essential to optimum health.
• The oil in the seeds has Vitamin E and is an ideal balance of Omegas-3, 6 and Gamma Linolenic fatty acids, all vital for cardiovascular health and reducing inflammation.
• Has immune boosting and anti-fatigue effects.

Each day, have four tablespoons of the seeds on cereal, fruit, yoghurt, salads or in smoothies.

Mustard seeds

• The phytonutrients in the seeds can prevent or slow down certain cancer cells.
• Have heat producing and anti-inflammatory properties that can relieve cold symptoms as well as painful joints, muscles and arthritis.
• The oil from the seeds have anti-fungal and anti-bacterial properties.

The black or brown seeds are widely used in Indian cooking, though all types are good in curries. They are delicious in braised cabbage dishes, steamed kale, dips and pickles.

Maintaining a balanced diet with wholesome foods and consuming seeds on a regular basis can promote health and lower your risk of disease.

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