



## Flaxseed



### What is Flaxseed?

Flax is a blue flowering crop, with reddish brown seeds that have been used since 650 B. C. to relieve intestinal discomfort. Recent scientific research shows that flaxseeds can benefit bowel health, protect against some forms of cancer and lower cholesterol levels to protect against heart disease.

### Benefits of Flaxseed?

Flaxseed is a great source of soluble and insoluble fiber and essential fatty acids, also called omega-3 fatty acids. Moreover, it is a rich source of lignans, a type of phytoestrogen. Phytoestrogens are plant estrogens that can be protect against certain types of cancer.

### Summary of Benefits

Fiber	Insoluble fiber can increase bowel regularity and reduce risk for some cancers.
	Soluble fiber can help regulate blood glucose level & lower blood cholesterol levels.
Omega-3 Fatty Acids	May protect against blood clotting and reduce the risk of heart disease.
	May reduce cholesterol, triglycerides and blood pressure.
	May protect against certain types of cancer.
	Reduces inflammation and may protect against autoimmune diseases like rheumatoid arthritis, psoriasis, multiple sclerosis, lupus and fibromyalgia, as well as reduce PMS symptoms.
Lignans (Phytoestrogens)	Phytoestrogens tend to lower risk for hormone-dependent cancers such as breast cancer and prostate.
Vitamins & Minerals	Flaxseed is particularly rich in potassium and has about 7 times as much potassium as a banana. It also provides some magnesium, iron, copper and zinc.

**FLAX FACT:**

Flaxseed has the highest concentration of Omega-3 fats in nature!

**How is it eaten?**

Flaxseeds are available in whole or ground form, also called flax meal. Whole flaxseed is not digestible but may help with bowel regularity. Ground flax (flax meal) is easily digestible, providing fiber for bowel regularity and beneficial Omega-3 fatty acids. Whole flaxseeds can be ground in a blender or coffee grinder. It is safe to bake with flax, but cooking at high temperatures can destroy beneficial oils. Whenever possible, add flax meal after cooking. Flaxseed oil is also available in bottle or capsules. Look for "high lignin" oils that have not had beneficial lignins removed during processing. Everyone should have a minimum of 2 tablespoons of freshly ground flax seeds in their diet daily.

**How to store flaxseed?**

Whole flax seed is stable at room temperature and has a long shelf life. Flax meal (ground flax) is sensitive to light, heat and moisture. Store seed meal in a light-proof, airtight container in your refrigerator.

**Top ten uses of flaxseed**

Sprinkle over cereal, salads or ice cream.

Stir ¼ cup into pancake or waffle batter, quick bread batters, brownie mixes or cookie dough.

Make a breakfast or dessert smoothie in your blender using 1 banana, 1 scoop of soy protein powder, 1 cup of berries, 1 -3 tsp. maple syrup, 1 cup of soymilk, 10 ice cubes and 2 - 3 tbsp. of ground flaxseed.

Add to instant cups of oatmeal or soup.

Sprinkle on top of muffins or casseroles prior to baking for a crunchy top.

Whip 2 tbsp. flaxseed meal with a small container of margarine (or stick of butter) and 1 tbsps. honey for a delicious toast spread.

Add some to trail mix (seeds or ground).

Sprinkle some in the middle of your peanut butter and jelly sandwich.

Stir into yogurt.

Stir into tuna, chicken, cole slaw or potato salads.

Flaxseed/flax meal is being added to many commercially prepared food products like cereals, energy bars, breads, Omega-3 enriched eggs, snacks and waffles.

In summary, it's good for your head, your heart, your skin, your joints and more...

For More Information, visit: [www.flaxcouncil.ca/](http://www.flaxcouncil.ca/)