



Cindy Daigre

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Chia Seeds are Loaded with Nutrients

What are Chia Seeds?

Chia seeds are easy to digest, have very little taste but are one of Nature's most nutritious foods. They are both black and white in color, and the nutrition is the same in both colors of seeds. Chia has no odor, very little taste and doesn't go rancid. The seeds are high in protein, minerals, enzymes, fiber and calcium. Chia is a complete source of dietary protein, providing all of the essential amino acids.

Good for Digestive Health

A unique quality of the chia seed is its ability to absorb more than nine times its volume in water. It produces thick mucilage, absorbing up to 30 times its weight in water. This soluble fiber cleans the intestines by binding and transporting debris from the intestinal walls so that it can be eliminated efficiently and regularly. This makes it an ideal addition to the diet of horses with ulcers.

Essential Fatty Acids

Chia seeds contain high levels of both omega-3 and omega-6 oils, and naturally contain more than 60% Omega-3 fatty acid. According to a study published in the journal "Nutrition Research," chia seed is the highest plant-based source of alpha-linolenic fatty acid.

Vitamins and Minerals

Chia offers a variety of minerals, including iron, potassium, calcium, phosphorus, zinc, and magnesium. One ounce of chia contains trace amounts of all B vitamins. Chia is an excellent source of fiber - one serving can provide 30% of the daily requirement.

Nutrients per 1 ounce serving:

Calories 137, Fat 9 g, Carbohydrate 12 g, Dietary Fiber 10 g, 0 Starch or Sugars. Total Omega-3 fatty acids 4,915 mg, Total Omega-6 fatty acids 1,620 mg, Calcium 177 mg, Phosphorus 265 mg, Potassium 45 mg, Sodium 5 mg, Zinc 1 mg, Copper 0.1 mg.

Chia does not go rancid as other seeds and can be safely stored at room temperature in a dry place for about two years.

Chia is a USDA food and there isn't a daily requirement for food, but 1 TBS/day is an appropriate serving for people and 1/3 cup per day for horses.

Cindy Daigre is the founder and director of Ferrell Hollow Farm, an Equine Retirement facility in Middle Tennessee focusing on the unique concerns of Senior and Special Needs horses.