

The One Food That Everyone Must Include

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"Flax Seeds" what are they??

It's become a 'buzz word' in society and seems to be making great strides in increased health for many.

These tiny bits may be tiny, but its mighty: The flax seed carries one of the biggest nutrient payloads on the planet. Crunchy and delicious with pleasant taste, flax seeds are packed with full of nutrients essential for optimum health. Off late, nutritional and health benefits of flax have widely drawn the attention of research scholars as well as health conscious individuals across the world.

So should you add flax seeds to your diet?

*Think About it.....*It could be the most important health-promoting supplement by which nearly every system in the body could benefit including the cardiovascular system, immune system, circulatory system, reproductive system, nervous system, as well as joints

These natural seeds are highly recommended for the general well being and whole body nutrition and is considered to be nature's richest source for the health of almost all body systems. It packs powerful nutritious punch in a small package.

Apart from being rich in vitamins and minerals, flaxseeds has in abundance of 3 nutrients wherein each of them having many health benefits..

- 1) **Talk of the town-Omega 3 fatty acids-** Flaxseeds are the richest vegetarian source of omega- 3 fatty acids. Omega-3 fatty acids are a key force against inflammation in our bodies. Mounting evidence shows that inflammation plays a part in many chronic diseases including heart disease, arthritis, asthma, diabetes, and even some cancers. This inflammation is enhanced by having too little Omega-3 intake (such as in fish, flax, and walnuts), especially in relation to Omega-6 fatty acid intake (in oils such as soy and corn oil). In the quest to equalize the ratio of these two kinds of oils, flax seed can be a real help.

The ultra-high levels of omega-3 fatty acids has been shown to lower LDL (bad) cholesterol levels.

- 2) **Always high demand-Fibre-**You'd be hard-pressed to find a food higher in fiber -- both soluble and insoluble-- than flax. This fiber is probably mainly responsible for the cholesterol-lowering effects of flax. Fiber in the diet also helps stabilize blood sugar, and, of course, promotes proper functioning of the intestines and lowers the risk of constipation.
- 3) **A Classic- Phytochemicals-** Flax seed is high in phytochemicals, including many antioxidants. It is perhaps our best source of lignans, which convert in our intestines to substances that tend to balance female hormones. There is evidence that lignans may promote fertility, reduce peri-menopausal symptoms, and possibly help prevent breast cancer. In addition, lignans may help prevent Type 2 diabetes.

Not enough??? We'll get more....

Other health promoting properties of flax:

- ✓ **Flax supplements boost immunity**

- ✓ **Flax during pregnancy :**
 - *Precursors for brain building:* This is especially important at the stage of life when a child's brain grows the fastest, in utero and during infancy. A prudent mom should consider supplementing her diet with a daily tablespoon of flax during her pregnancy and while breastfeeding.

 - *Neural tube defects:* The seeds are packed with many important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and **Folates**. Folates help prevent neural tube defects in the fetus when consumed during pre-conception period and pregnancy.

- ✓ **Flax promotes healthy skin:** Flax are an excellent source of vitamin E, a powerful lipid soluble antioxidant, required for maintaining the integrity of cell membrane of mucus membranes and skin by protecting it from harmful oxygen free radicals.

- ✓ **Flax fat can be slimming:** The essential fatty acids, found in flax, increases the body's metabolic rate, helping to burn the excess, unhealthy fats in the body.

And the list goes on to many more.....

So you see, it's a all in one- a miracle pill, nurtured to give you a myriad of health benefits.

Wow.. I bet urll can't wait to gulp them but.....

But How much to take every day?

According to the U.S Govt Agencies 2 tablespoons of flaxseed (~3 T of flax meal) is certainly safe and is probably an "effective dose" for health purposes.

Alrite now before using them- Caution!!! There are some important things you need to know about these health protectors...

- ***1st of all***, Since flax has such a high fiber content, it's best to start with a small amount and increase slowly; otherwise, cramping and a "laxative effect" can result. People with irritable bowel syndrome may have an especially strong reaction to it, and should be extra-careful.
- ***And secondly*** Drink plenty of water. As there is so much soluble fiber in flax it is important to drink plenty of water when eating flax products, otherwise constipation may result.

Now how do we use flaxseeds????

- If you purchase the whole seeds, you need to slightly roast and grind them up to get the benefit. They will simply pass through when eaten whole, so all those fancy breads with added flax seeds on the top are really just for show, not nutrition.
- Any time you taste flax meal that is at all bitter, throw it away. It should be mildly nutty tasting, and not at all harsh.
- It is recommended that you purchase whole flax seeds and grind it yourself. Its also less expensive this way and the issue of adulteration is eliminated.

Flax Seed Storage

- Whole flax seed should be stored in an airtight container in a cool, dark, dry place. Best kept cold in the refrigerator. Ground Flax meal should be stored in a tightly sealed air tight container in the refrigerator and used up within a few weeks to 45 days.

Now that you know how to eat and safely store flax, you'll need to figure out some ways to use it up – and quickly, before you lose it!

Here are the easiest:

- They can be enjoyed either salted or sweetened and are a great addition as toppings in yoghurt, salad dressings, desserts, shakes, cereals based dishes etc
- They can also be sprinkled over salads, desserts, particularly sundaes and other ice cream based preparations.
- They can be stirred into thick soups/gravies right before the serving or tossed into pan cake batter.
- *And If you love baking..*You can sub out some of the fat in a cookie, muffin, or quick bread recipe with ground flax. **The ratio is 3:1 flax to other fat.** It seems high, but it works.
For example, if I have a cookie recipe that calls for 1 cup of butter, I might use $\frac{3}{4}$ cup butter and $\frac{3}{4}$ cup flax meal (took out $\frac{1}{4}$ cup butter and replaced with 3 x $\frac{1}{4}$ cup flax).

I am sure this article pretty much impressed you with our tiny little seeds.....A health insurance such as flaxseeds,, I wud definitely invest in.. would you???

Add Flax Seed to your diet and watch what it will do for you!!

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