

# EAT WELL, AGE WELL. CHIA SEEDS

## Full of Fiber!

One ounce (2 TBSP) of chia seeds have 12 grams of carbs. However, 11 of those grams are fiber, which your body doesn't digest.

Fiber neither raises blood sugar nor requires insulin to be disposed of. Though it belongs to the carbohydrate family, its health effects are very different from those of digestible carbs like starch and sugar. This makes chia a low-carb friendly food.

## Overview of Chia Seeds

Did you know that chia seeds **can absorb up to 10–12 times their weight in water!** They become gel-like and expand in your stomach or in the food you allow them to soak in, such as applesauce or yogurt. This is because of their high soluble fiber content.

If you are trying to cut back on calories? Chia seeds can help you feel full, slow absorption of your food and help you eat fewer calories.

Fiber feeds the friendly bacteria in your intestine. Keeping your gut flora well fed has many health benefits.

Chia seeds are 40% fiber by weight, making them an excellent source of fiber.



## Greek Yogurt or Ice Cream with Chia Seeds

Try stirring in some chia seeds to your favorite yogurt, sorbet, sherbet or ice cream. Add some fresh fruit if you like and freeze in a paper cup or popsicle mold. It's a refreshing summer treat.

Image by Яна Тикунова from Pixabay

*“We don't stop playing because we grow old. We grow old because we stop playing.” - George Bernard Shaw*

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## Boost Bone Health!

Chia seeds are high in calcium, magnesium, phosphorus and protein-nutrients that are essential for bone health.

The seeds are bland, so you can add them to many things. They can be eaten raw, soaked in juice, added to soup, pudding, smoothies or baked goods.

You can also sprinkle them on top of cereal, yogurt, vegetables or rice dishes. A common dosage recommendation is 20 grams (about 1.5 tablespoons) of chia seeds, twice per day.

## Green Chia Smoothie or Pudding



Image by Siobhan Dolezal from Pixabay

### Ingredients:

- 2 cups of Spinach
- 1 ½ cups of water (for smoothie) or 1 cup water (for pudding)
- 2 TBSP of Chia Seeds
- Fruit for your choice (Optional)

### Instructions

1. Blend the spinach, water and chia seeds. For pudding use 1 cup water.
2. Add in fruit of your choice, such as a peeled orange, your favorite berries, or banana and blend again.
3. Refrigerate for at least 30 minutes or several hours.
4. Top with additional fruit if you like before serving.

It is important to mix chia seeds into another food or liquid before consuming, especially for people with a history of swallowing problems. Drink plenty of fluids after eating as well.

### Nutrition per 1-cup serving: (Calculated without fruit)

Calories: 65, Sodium: 33 mg, Potassium: 216 mg, Calcium: 37 mg, Fat: 3.8 grams, Saturated Fat: 0.4 gram, Chol: 0 mg, Carbohydrate: 6.1 grams, Dietary Fiber: 4.8 grams, Sugars: 0.1 g, Protein: 2.8 g (Nutritionix.com)

*“The longer I live, the more beautiful life becomes.” - Frank Lloyd Wright*

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## Baking with Chia Seeds

If you are trying to cut down on eggs, or you are vegan, did you know you can use chia seeds to replace eggs in recipes?

To use them as an egg substitute in baking, try mixing 1 tablespoon of chia seeds with 3 tablespoons of water, then let them sit for a few minutes. A gel will form that can be used instead of eggs in baking.

Adding them to your baked goods will boost the fiber, protein, and omega-3 content.

## Molasses Cookies



Image from Pixabay.com

### Ingredients:

- 2/3 cup salad oil (Sunflower, safflower, corn etc.)
- 1 cup sugar
- 1/4 cup molasses
- 1 chia “egg” (see note to right)
- 2 cups flour (I use unbleached organic white flour)
- 2 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground ginger
- 1/2 tsp salt

### Directions

1. Combine all ingredients in a mixing bowl and blend thoroughly.
2. Shape into a large ball and wrap in plastic, (or wax paper) and refrigerate for at least one hour.
3. Remove from refrigerator and form into 1-inch size balls
4. Roll in granulated sugar
5. Place on greased cookie sheet (or parchment paper) 2” apart
6. Bake at 375° F for 8-10 minutes

Recipe adapted from [fullofbeans.us](http://fullofbeans.us)

**Chia “eggs”:** 1 T ground chia seeds to 3 T water. Mix well. You can use it immediately, but it works best if you allow it to sit in the fridge for about 30 minutes.

*“Ageing is not lost youth but a new stage of opportunity and strength.” - Betty Friedan*

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## Did you Have a Chia Pet?

If you are like me, you have fond memories of the “Chia Pet”. The box states,

- **EVERYTHING YOU NEED IN ONE:** Includes a unique pottery planter, convenient plastic drip tray and chia seed packets for 3 plantings.
- **FULL GROWTH 1-2 WEEKS:** In just a few short weeks your chia pet will achieve maximum growth and enjoy a luscious green coat. Each Chia Pet contains a simple 6 step care instruction on how to grow your creation.
- **MULTIPLE USES:** Chia Planters can be washed and replanted indefinitely. The fun never stops with ch-ch-ch-chia pets!



Image from Amazon.com

### Activity:

**Share a memory with the folks at your table about your experience/memories of Chia Pets.** If you don't have a memory, it's not too late, they still sell them!

*“Don't waste so much time worrying about your skin or your weight. Develop what you do, what you put your hands on in the world.” - Meryl Streep*