

Chia Seed and its Nutritional Benefits

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SUMMARY

Chia seed *Salvia hispanica L. (Lamiaceae)* is full of medicinal seed for consumption in the form of seed, seed oil, seed flour etc. They also contain a decent amount of zinc, vitamin B3 (niacin), potassium, vitamin B1 (thiamine) and vitamin B2. Another area in which chia seeds shine is their high antioxidant content. Chia seed fulfil with Fibre neither raises blood sugar nor requires insulin to be disposed of. Though it belongs to the carbohydrate family, its health effects are drastically different from those of digestible carbs like starch and sugar. Chia seed consume as daily diet in salad, juice, ice cream, and soups etc., food products.

INTRODUCTION

Salvia hispanica L. (Lamiaceae), also known as Chia, is an annual herbaceous plant, native of southern Mexico and northern Guatemala. The genus *Salvia* consists of ca 900 species (Ayerza and Coates 2005) and its name comes from the Latin word “salvere”, referring to the curative properties of the well known culinary and medicinal herb *Salvia officinalis* (Dweck 2005). An example of a raw material with properties considered very interesting by dietitians and food technologists is *Salvia hispanica*, commonly called chia. The word “chia” is a Spanish adaptation of “chian” or “chien”, originating from Nahuatl and meaning “oily”. Chia is an herbaceous plant that has also been used for medicinal purposes for thousands of years. Chia (*Salvia hispanica*) is an annual herbaceous plant, the seeds of which were consumed already thousands of years ago. This plant may reach 1 m in height. Its serrated leaves, arranged opposite, are 4–8 cm in length and 3–5 cm in width (Munoz 2013). Its white or blue flowers are bisexual, of 3–4 mm in size, growing in whorls at shoot tips. After overblowing chia forms round fruits, containing many tiny, oval seeds of 2 mm in length and 1 mm in width. Seed surface is smooth, shiny, ranging in color from white through grey to brown, with irregularly arranged black spots (Ali 2012).

Nutritional Value of Chia Seed

Nutrient	Value	Nutrient	Value
Energy	486.0 kcal	Sodium	16.0 mg
Protein	16.5 g	Zinc	4.6 mg
Total Lipid	30.7 g	Copper	0.9 mg
Ash	4.8 g	Manganese	2.7 mg
Carbohydrate	42.2 g	Vitamin C	1.6 mg
Dietary Fiber	34.4 g	Thiamin	0.6 mg
Calcium	631.0 mg	Riboflavin	0.2 mg
Iron	7.7 mg	Niacin	8.8 mg
Magnesium	335.0 mg	Vitamin E	0.5 mg
Phosphorous	860.0 mg	Folate	49.0 ug
Potassium	407.0 mg		

(Source – USDA database 2019 updated)

Health benefits of Chia seed

1. Chia seed is rich sources of dietary fiber and Omega-3 fatty acids especially α -Linolenic acid.
2. Usually fish oil contains higher levels of omega-3 than any other oil seeds available (Bozan 2008)
3. Chia oil, however, has a higher percent of omega-3 per 100 g than cod liver, herring, salmon and sardine oils (Rubio 2010).
4. Presence of these components in chia seed may reduce the risk of some types of cancer and coronary heart disease.
5. The effect of chia supplementation on blood pressure, slight decrease in blood glucose, blood became less prone to coagulation, decreased levels of internal inflammation as measured by C-reactive protein (CRP) (Lemaitre et al. (2003).

CONCLUSION

Chia seed *Salvia hispanica L. (Lamiaceae)* is high nutritive components are present, its also valuable for high blood pressure person, this seed also reduce the cancer and coronary heart disease. Chia seed is full of medicinal seed for consummation in the form of seed, seed oil, seed flour etc. chia seed is fulfill requirements of nutrition components like fat, protein, carbohydrates, and lipid, it also rich source of minerals like calcium, Phosphorous, potassium etc.

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