

# Chia Seed Nutrition and Uses



Famous Aztec Running Food

Good Shelf-Life and Stability

Exceptional Nutrient Value

Enjoyable Everyday Uses

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# Chia Seed - General Information

It is wise to keep certain basic necessities on hand that can keep one fed for extended periods of time, in the event that food ever comes into short supply. This can easily happen through unemployment, failing world and national markets, famines, floods, and crop failures--such as those that have occurred recently in the U.S. and in several other parts of the world. Chia seed is a great addition to food storage based upon its nutrient content and versatility.

Used as a staple by Indians of the southwest and Mexico, this seed was heralded as a running food that could be carried in small, wet leather pouches at the side of Indians who had to run long distances. It has been used as a high-energy food dating clear back to the Aztecs. Tradition teaches that these seeds were an important staple used by Aztec warriors during their many conquests. They could sustain themselves entirely with this seed during 24-hour forced marches or while Indian runners made the long journey from the Colorado river to the California coast to trade their goods. Lightweight and highly nutritious chia seeds were all they carried with them for nourishment, even when traveling such long distances. In addition to its uses as a food, because of its exceptional absorption properties chia seeds were also used as a poultice for wounds and injuries that could be easily packed into a wound to prevent infection and to promote healing. The following are several other nutritional or health benefits that are known today through science:

- Helps to enable ideal body weight
- Highest source of plant-based omega-3
- Promotes cardiovascular health
- Lowers triglyceride levels
- Lowers LDL (bad) cholesterol levels
- Increases HDL (good) cholesterol levels
- Lowers blood pressure
- Increases insulin sensitivity
- Plays major role in cancer prevention
- Supports joint function and mobility
- Helps to strengthen muscles and bones
- Supports mental health
- Enables better digestion
- Is diabetic friendly

- Helps combat hypoglycemia
- Is higher in antioxidants than blueberries
- Contains all 9 essential amino acids (is a complete protein)
- High in calcium, magnesium, and iron
- Living seed that is natural and raw
- Enables stable blood–sugar levels: slows down the digestion of carbohydrates to prevent blood–sugar spikes and when included with our eating recommendations helps to achieve ideal body weight.
- No offensive taste and integrates seamlessly into any healthful recipe
- Highly stable and stores long–term without going rancid

Recommended Daily Serving size of 2 Tbs Chia Sees Provides the Following Nutrients:

Calories: 107

Complete Protein: 4.14 grams

Total Fat: 6.56 grams

Saturated Fat: .64 grams

Trans Fat: 0 grams

Monounsaturated Fat: .44 grams

Polyunsaturated Fat: 5.44 grams

Omega 3 (ALA): 4.2 grams

Omega–6 (Linoleic Acid): 1.24 grams

Cholesterol: 0 grams

Carbohydrates: 7.5 grams

Total Dietary Fiber: 8.25 grams

Soluble Fiber: 1.07 grams

Insoluble Fiber: 7.18 grams

Sodium: .42 milligrams

Potassium: 140 milligrams

Calcium: 142.8 milligrams

Iron: 3.28 milligrams

Phosphorus: 213.4 milligrams

Magnesium: 78 milligrams

Also Exceptionally High in Antioxidants

## Other Characteristics and Information

The chia seed is basically odorless and easy to add to any recipe because it takes on the flavors of whatever it is added to. It is also an ideal fiber source because of its unusual capacity to absorb and is considered to have better fiber properties than flaxseeds and wheat bran. It can be used as a thickener in many applications and can even take the place of eggs as a binder. Chia seeds retain their high nutritional value during the bread-making process and can be used as an exceptional addition to breads and replaces the need for oil in the bread. Also, for on-the-go people who still value convenience and speed in food preparation, the chia seed will absorb 9 times its weight in water or other liquids in as few as 10 minutes. From its light and wonderful flavor and nutritional properties, to its ability to blend into any dish, it is a valuable food storage item that is easily incorporated into daily uses. Along with wheat, beans, and water, it is an important food product to add to your storage.

## Chia Seed - Practical Everyday Uses

Observe the label of your favorite commercial salad dressings and you will likely find that you are consuming 120+ calories per tablespoon and they are loaded with omega-6 fatty acids, which throw off a critical balance between omega-6 and omega-3 fatty acids. In fact, if you are an average American, a full 30% of your calories or 600+ calories per day are consumed from oil alone. Harvard claims that you can enjoy these vegetable oils without any ill side effects, yet research demonstrates Harvard claims are irresponsible and dangerous and that consuming more than 80 calories per day from vegetable oils leads directly to the build up of plaque in the arteries.

For many reasons we need omega-3 and omega-6 fatty acids to be included in our diet. Unfortunately, extracting these fats from vegetables into concentrated oils is not how nature intended that we consume these essential fats. Research demonstrates that these fats ought to be consumed most preferably in ratios of 1:1 and that ratios of omega-6 to omega-3s that exceed 4:1 cause the very inflammation in the arteries that lead to strokes and deadly heart disease, today's number one killer of Americans.

Vegetable oils are excessively high in omega-6 fatty acids. Consuming just 100 calories of vegetable oil in a day will throw off the ratio discussed above to a dangerous level. Because of our use of vegetable oils, the average American now consumes 20+ parts omega-6 fatty acids to every one part of omega-3 fatty acid. This poor ratio causes gross inflammation and subsequent lesions in the arteries. So how should we flavor a healthful salad?

When it comes to making yummy [dressings, dips, and spreads](#) we like to blend a few healthful whole foods together to create the flavors we enjoy over our toast or over our salads, or even as desserts. There is no reason to sacrifice one's health or enjoyment and it takes just minutes to do these things. As you enjoy these dressings, just substitute chia seed as your thickener of choice. It absorbs nine times its size in fluids and can turn a runny dressing into any desired thickness, based upon how much chia seed is added.

We add just two tablespoons of chia seed per cup of runny dressing and depending upon the natural thickness of any blend of whole foods we may use as little as one-half tablespoon to create just the right thickness. Two tablespoons represents a daily serving of chia seed and adds only 107 calories to the cup of dressing. Enjoy wonderful whole-food dressings that can be thickened in this manner in lieu of using ultra gel, corn starch, and so forth (see videos of several [dressings that can be thickened using chia seed](#)).

## Chia Ranch Dressing

### Ingredients:

- 1/2 cup cashews
- 3/4 cups water
- 2 Tbsp freshly squeeze lemon juice (1/2 lemon)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp real or himalayan salt
- 1 tsp dried basal
- 1 tsp dried dill
- 1/2 tsp maple pure maple syrup (optional)
- 2 Tbsp chia seeds

Place all ingredients, except chia seeds, in blender and blend until smooth. Pour into container, stir in the chia seeds, and let it sit for at least 10 minutes while the chia seeds absorb liquid and swell (creates enjoyable texture in the dressing). Enjoy!

# Barbecue Dressing, Sauce, or Dip

## Ingredients:

- 1 cup fresh tomatoes
- 1/4 cup onion
- 1/2 cup marinated sun-dried tomatoes
- 1/2 tsp minced garlic
- 1/2 tsp dried or 4 fresh basil leaves
- 1/2 cup Medjool dates, pitted
- 2 Tbsp chia seed
- 1 to 2 cups fresh tomato juice (adjust according to desired thickness)
- 1/4 cup Braggs Liquid Aminos

Blend ingredients except chia seed until smooth. Stir in chia seed allow it to sit for 10 minutes to achieve the desired consistency. Can also add more tomato juice as desired. This is a fun dip with raw veggies!

# Carrot Tomato Chia

## Ingredients:

- 2 cups fresh carrot juice
- 1 handful of cherry tomatoes
- 4 to 6 fresh basil leaves
- 1+ oz Grano Padano Cheese
- 4 Tbsp Chia Seed

**Instructions:** Blend all ingredients together except chia seed and adjust the amount of Grano Padano used to taste. Then stir in chia seed by hand and allow dressing to thicken for 10 minutes and then blend again, or leave chia seeds whole. Enjoy as a dip for fresh veggies or as a delightful salad dressing!

# Strawberry Feta Dip!

## Ingredients:

- 10 strawberries
- 1/4 C feta cheese
- 1/4 C almond or soy milk (to help turn it over)
- 1/2 Tbsp pure maple syrup
- 1 tsp Italian Seasoning
- 1/2 T Balsamic Vinegar
- 1/8 C red onion
- 4 Tbsp chia seed

**Instructions:** Combine all ingredients except chia seed into blender and blend until smooth. Then stir in chia seed and allow to sit 10 minutes until it thickens. Enjoy as a simple dip for lettuces and raw veggies, or over any salad or leafy greens of choice.

# Mediterranean Hummus Dip

## Ingredients:

- 1 14.5-oz can of garbanzo beans, drained and rinsed
- 1 cup sun-dried tomatoes, cut into small pieces.
- 1 to 2 cups almond, soy, or goat milk
- 1 to 2 Tbsp Johnny's Garlic Spread (Costco carries this)
- 1.5 Tbsp Italian Herbal Seasoning (dried basil, oregano, and so forth)
- 2 Tbsp Chia Seed
- 3/4 cup grated Grana Padano (kirkland Signature cheese – Costco)

**Instructions:** Add beans, milk, garlic spread, herbal seasoning, and cheese to blender and blend until smooth; then fold into the hummus mix the sun-dried tomatoes and chia seeds. This will turn into a nice thick tasty Mediterranean flavored hummus. I haven't yet tried it without the cheese, but believe it would be equally good. Alter the amount of milk based upon thickness desired.

# Peanutty Hummus Dip

## Ingredients:

- 1 14.5-oz can of garbanzo beans, drained and rinsed
- 1 cup apple sauce
- 1 cup fresh-squeezed orange juice
- 3 Tbsp peanut butter
- 2 Tbsp chia seed

**Instructions:** Blend all ingredients together except chia seeds, then stir in chia seed and allow to sit for 10 minutes before eating. Enjoy!

# Italian Marinara Dressing

This dressing offers a bold and hearty marinara flavor and is thickened just right with chia seeds to make it into a wonderful salad dressing, raw veggie dip, or if you are in a pinch and don't have time to cook down tomatoes, it will also make a great spaghetti sauce. So simple, so tasty, and so utterly delicious. It makes up five full cups of dressing!

## Ingredients:

- 1 28-ounce can of Roma tomatoes (may also use ripe raw tomatoes)
- 1 cup fresh carrot juice
- 4 to 6 fresh basil leaves
- 1+ ounce grano padano cheese (optional)
- 5 Tbsp Chia Seed

**Instructions:** Add all contents to blender except chia seed; blend until smooth and then add chia seed. Allow to sit 10 minutes to thicken and enjoy as is or blend chia seed into the dip more thoroughly. Enjoy this hearty and bold marinara dressing as described above.

Use chia seed as a thickener in the following dressings: ([see dressing videos](#))