

Chia And Synnott 2012

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chia overview uses side effects precautions interactions

web chia salvia hispanica is an herb that originated in mexico and was cultivated by the aztecs it s grown for its seed a source of omega 3 fatty acids in addition to omega 3 fatty acids such as

salvia hispanica wikipedia

web chia is an annual herb growing up to 1 75 metres 5 feet 9 inches tall with opposite leaves that are 4 8 cm 11 2 31 4 in long and 3 5 cm 11 4 2 in wide its flowers are purple or white and are produced in numerous clusters in a spike at the end of each stem 4 chia is hardy from usda zones 9 12

chia seed wikipedia

web chia seeds are the edible seeds of salvia hispanica a flowering plant in the mint family native to central and southern mexico or of the related salvia columbariae of the southwestern united states and mexico chia seeds are oval and gray with black and white spots having a diameter around 2 millimetres 0 08 in

chia seeds 7 health benefits

web apr 12 2022 chia seeds are tiny black or white seeds from the plant salvia hispanica l they re believed to be native to central america 1 historically aztec and mayan civilizations used the seeds in

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chia seeds the nutrition source harvard t h chan school of

web zinc two tablespoons of chia seeds 1 ounce or 28 grams contain about 140 calories 4 grams of protein 11 grams of fiber 7 grams of unsaturated fat 18 rda for calcium and trace minerals including zinc and copper they are the richest plant source of

chia seeds 101 nutrition facts and health benefits

web mar 12 2019 chia seeds contain 138 calories per ounce 28 grams by weight they are 6 water 46 carbohydrates of which 83 is fiber 34 fat and 19 protein the nutrients in 3 5 ounces 100 grams of