

Raw Chia Seeds Are Nutrient-Dense

Four tablespoons of chia seeds supply as much calcium as three cups of milk, as much magnesium as 10 stalks of broccoli, as much iron as one-half cup of red kidney beans, 30% more antioxidants than blueberries, 25% more dietary fiber than flaxseed and approximately the

same amount of omega-3 as a 32-ounce fillet of salmon.

Instead of a typical hot breakfast cereal, try a chia breakfast pudding for a more nutritious start to your day!

Did you know? The words "made with whole grains" on food packaging don't always mean what they seem to.

