

Flaxseed Information

Most nutrition experts recommend ground over whole flaxseed because the ground form is easier for your body to digest. Whole flaxseed may pass through your intestine undigested, which means you won't get all the benefits.

Flaxseed's health benefits come from the fact that it's high in fiber and omega-3 fatty acids, as well as phytochemicals called lignans. One tablespoon of ground flaxseed contains 2 grams of polyunsaturated fatty acids (includes the omega 3s) and 2 grams of dietary fiber and 37 calories.

Flaxseed is commonly used to improve digestive health or relieve constipation. Flaxseed may also help lower total blood cholesterol and low-density lipoprotein (LDL, or "bad") cholesterol levels, which may help reduce the risk of heart disease.

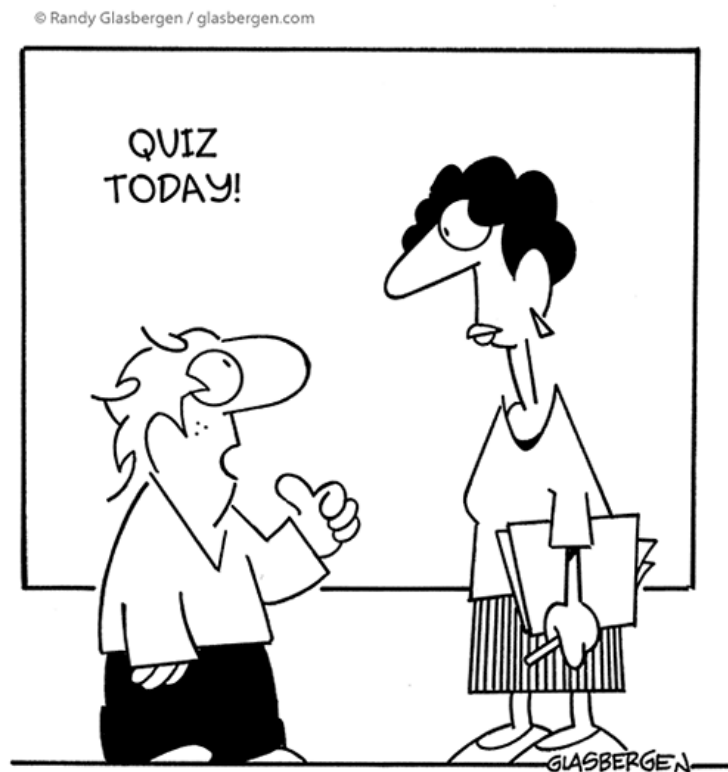
You can buy flaxseed in bulk — whole or ground — at many grocery stores and health food stores. Whole seeds can be ground in a coffee grinder and then stored in an airtight container for several months. Refrigerating whole seeds may also extend their freshness.

For more information on the benefits of flaxseed visit:

<http://greatist.com/search?search=flax+seed&submit=Search>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/flaxseed/faq-20058354>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=81>



**“Steve Jobs said to ‘stay hungry, stay foolish’.
So I left class and went to lunch early!”**