

Usage of Chia seeds for designer Food

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From National Conference on Natural Products as therapeutics, Medical Microbiology, Nanobiology and System biology: Current Scenario & Emerging Trends, 'NATCON-2014'.

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18-19 September 2014.

American J of Bio-pharm Biochem and Life Sci 2014 September, Vol. 4 (Suppl 1): P 68

ABSTRACT

The chia seed which is commonly known as *salvia hispanica*, is a species of flowering plant in the mint family. It is an annual herb growing 4-8 cm long and 3-5 cm wide. The chia meaning oily is coloured with brown, grey, black and white. The chia seeds contain dietary fibre which reduces cholesterol, protein which is easily digested and absorbed and healthy supply of important vitamins and minerals like boron, calcium, copper, iron, magnesium, manganese, niacin, phosphorous and zinc. Two tablespoonful of chia provides seven grams of fiber, four gram of protein, and it is a complete protein source. The little chia seeds provide a rich source of omega-3 fatty acids which is essential for maintaining healthy cholesterol level, brain development, and immune system and it has anti-inflammatory effect. For vegans, it is a good substitute for egg and fish because it contains omega-3 fatty acids like Eicosa pentanoic acid, Dicosa hexanoic acid and Alpha linolenic acid.

The chia reduces the risk of cardiovascular disease, allergies, thyroid, diabetes, rheumatoid arthritis and high blood pressure level. Regular consumption of chia seeds aids in digestion, treats cold, cures respiratory disorders, stress reliever and prevents signs of ageing, skin diseases, improve metabolism, increase lean muscle mass, lower unhealthy cholesterol and make death of tumour cells. The chia can be used in a wide variety of dishes including soups, fresca, cereal, yogurt, smoothies, salad, oats bar and baked goods. The chia can be stored whole or powder for a long period of time without getting rancid.