

## Who knew? Chia seeds healthy

As a gag gift, the Chia Pet remains a popular choice for the kitsch-inclined. Slather on some seeds, add water and voila, a ceramic Homer Simpson sprouts fluffy green "hair."

But chia seeds as a valuable source of nutrition?

Well, to paraphrase Homer, Umm, chia!

Turns out, maybe we should have been spreading those seeds on toast, not on a ceramic "pet" all these years.

Nutritionists say that chia seeds, plucked from a Central American plant called *Salvia hispanica*, have many beneficial qualities that are making them a trendy choice in the natural supplements aisle.

According to a 2007 University of Toronto study published in the journal *Diabetes Care*, a quarter-cup of chia seeds supplies as much omega-3 fatty acid as a salmon fillet, 25 percent more dietary fiber than flaxseed, 30 percent more antioxidants than blueberries and as much calcium as three cups of milk.

The study, so far the only peer-reviewed one concerning the health claims of chia seeds, showed that diabetes patients reduced cardiovascular risks by ingesting chia seeds along with standard diabetes therapy.

Dr. Sheri Zidenberg-Cherr of the University of California-Davis nutrition department says chia seeds have a "nice nutritional profile" but hastens to add they are not the dietary cure-all some are trumpeting.

"The redeeming qualities of it is omega-3s, specifically the linolenic acid that's in there," Zidenberg-Cherr says. "Because of that tie-in with heart disease and diabetes, I see potential for it as something that could be added to someone's diet if they're already following a healthy eating plan with the proper recommendations."

At the very least, she adds, chia seeds can't hurt.

"The U.S. Food and Drug Administration considers it safe, as for now," Zidenberg-Cherr says.

"So it doesn't look like there's any danger. You're just now starting to see a lot more research going on with it."

That could be because the health claims associated with chia seeds - in particular, a certain kind of seed marketed under the name Salba - are eye-popping.

"Read some of the stuff on the Internet about it, and it's like the new wonder food," she says.

Among the claims for chia:

Levels blood sugar.

Controls weight via soluble fiber.

Increases energy, endurance and strength.

Works as a remedy for colds, sore throats, wounds, body odors and constipation.

Keeps bones strong with calcium and boron.

While some cast skeptical eyes at such sweeping health claims, others have embraced chia, which is said to have been a major nutrient for ancient Aztecs and Mayans.

It's become chic, too.

Few had heard of flaxseed before 2004, and now it's a staple on the shelves of every drugstore. Chia's recent proponents include alternative-therapy guru Dr. Andrew Weil, who has praised the seeds in a Prevention magazine column, and none other than Oprah Winfrey, who ate a pumpkin chia muffin on air.

As for taste, chia seeds are bland, not as nutty as flaxseeds. And because they are water-soluble, they don't need to be ground up, as flaxseed must.

Finding chia seeds outside of health-food stores is a challenge, and they don't come cheap.

At one co-op, chia seeds sold for \$21.95 a pound, compared with \$1.65 a pound for flaxseed.

Twenty-one bucks? Heck, a Chia Pet only costs \$19.95.

First, high-fiber foods can reduce postprandial glucose, improve glucose tolerance and reduce the amount of insulin to reduce blood lipids and the role of the other, to the alleviation of hunger diabetes Influenza; Third, it can stimulate the secretion of digestive juice and the promotion of intestinal peristalsis, the prevention of constipation

The following foods with more fiber capacity, can be used as a diabetic who regularly eat foods election, such as: mung bean, kelp, buckwheat noodles, Yumi Mian, oats face, sorghum rice, spinach, celery, leeks, bean sprouts, and so on. It should be noted that although the Food and Fiber on diabetes good, but we should not over-consumption of a single, and they have a degree, diabetes emphasize nutrition balance is even more important.

#### (2) vegetable oil for better cooking oil

Corn oil, sunflower oil, peanut oil, soybean oil, which contains rich because of the polyunsaturated fatty acids, it is essential fatty acids, cholesterol in the body can help the operation, not to deposition of cholesterol in the artery wall, so some of the prevention of diabetes Complications, such as atherosclerosis, and so have a positive effect, for this reason, diabetes for cooking oil to vegetable oil for good. However, vegetable oil can not eat a lot, excessive consumption will expose its obvious side effects, such as the production of heat caused by too much fat, such as fat. Scientists; dietary polyunsaturated fatty acids and saturated fatty acid ratio of 1:1 or two better.

#### (3) useful soybean products

Soybean diabetes is an ideal food, it is because it contains the nutrient composition benefit diabetes. First, the soybean plant is a source of protein, not only in rich, but also high-value physical, must be the widest range of amino acids, and animal food can be comparable. Second, the fat content in soybean unsaturated fatty acid, lecithin and beans steroid, to reduce blood cholesterol benefit. Third, the soybean half of the carbohydrates in the human body can not absorb the cottonseed sugar and sugar-water. In addition, soybeans also rich in mineral, trace elements and B vitamins. Can be seen from the above, soybean products, such as Fu Zhu, silk tofu, Doufu Gan, brain tofu, soybean powder, and should become a common food diabetes.

#### (4) ways to cope with hunger

Hunger is a diabetic who often have a reaction. It caused due to diabetes, will also be a result of the improved condition and diabetes patients to adapt and adjust to reduce or disappear. Can take the following measures to cope with the incidence of hunger:

First: to reduce intake Xiliang, an increase of some fiber foods, such as buckwheat noodles, Yumi Mian, mung bean, kelp, and so on. At present there are some of the domestic market for diabetes human consumption of health

Jiacan. If a strong sense of hunger, can be used wax gourd 250 grams, 100 grams of yam, a pig pancreatic (cleaned), plus appropriate seasoning Dunzhu after Decoction consumption, can also be used pumpkin, beans or tofu and other low-calorie foods Stewed pig pancreas consumption. To alleviate hunger as limited.

Fourth: psychological methods. Of the diet and eating habits related to nutrition will not be affected on the basis of hunger, through a period of time to be patient, it is the ease. In addition, patients should believe that reducing food intake, will not necessarily have a hunger, the hunger will not have

prepared in advance, the diabetes is important that nutritional balance, excessive eating and drinking will no doubt bring the body of the organ organizations burden.

(5) for the choice of Sweetness

Some people are diabetic favorite sweets, but sweets are abundant sugar, eating and the adverse conditions. How to solve this thorny contradictions? May wish to try the following:

First: in many sweeteners, suitable for diabetics to eat, Tian Yeju better, although the non-nutrients, but it does not provide heat and sweetness of the sugar Shu 400 times, it may choose.

Second: saccharin as a sweetener can occasionally eat. But for pregnant women is disabled.

Third: peach, pear, pineapple, red bayberry, cherry, and other sweet fruit, can be eaten in moderation. These contain pectin fruit, pectin can increase insulin secretion, and delay glucose absorption. In addition, low-carbohydrate watermelon can also be eaten in moderation.

Fourth: diabetes who should control the intake of sugars, but it is impossible that James is not sugar. General restrictions on the daily consumption of sugar in the following 10 grams, but each of the non-diabetic patients, patients of their own laws should be explored, including the minimum daily blood sugar moment, it is appropriate sugar content of food into some of the most Good time.

(6) most vulnerable to elevated blood sugar food

We common in the food, the following foods are easy to hyperglycemia. Such as: sugar, Bingtang, brown sugar, glucose, maltose, honey, candied fruit, Naitang, chocolate, fruits, sugar, canned fruit, soft drinks, jams, ice cream, sweet pastries, cakes and a variety of sweet beverages, oral liquid, such as fruit juice.

(7) tends to increase blood fat food

Elevated blood lipids, diabetes is very negative. Concurrency is the major cause of cardiovascular disease. Therefore, diabetics should not eat the food so that increased blood lipids, a common lard, butter, Yang You, butter, cream, fat and cholesterol-rich foods (see table below). About cholesterol, diabetes should also understand that it is two-fold role, it is necessary first of all the material, is of important physiological functions, such as the composition of the membrane, and so on, but more intake, it will cause side effects, such as the participation of coronary heart disease

Such as the formation. Is generally believed that cholesterol intake to 300 milligrams a day in the following suitable.

(8) against alcohol

Some patients with diabetes, grain alcohol is the best, moderate drinking can Huoxue Tongluo, warm, the spirit of regulation. This should be a concrete analysis of specific patients. If patients with less severe diseases, on holidays, relatives and friends to spend, you can point to drink a small amount of wine, and, preferably beer or other low-alcohol, if unstable conditions, or with the liver or cardiovascular disease, should be prohibited Drinking. Because wine has the following hazards:

First: alcohol will increase burden on the liver. We know that alcohol detoxification in the liver in a major. A person of normal liver function, detoxification and strong, can the majority of toxic substances into, from in vitro. Diabetes and liver detoxification capacity of the poor, drinking will inevitably increase the burden on the liver and cause damage. Excessive drinking is also prone to hyperlipidemia

Second: Diabetes is mainly attributed to lack of insulin secretion. Alcohol will stimulate the pancreas affected by the secretion of the composition.

Third: wine itself is high-calorie food, alcohol Nengchan 7 grams per kilocalories, slightly lost control of diabetes, can cause illness worsened.

(9) catering to desalination

Food tastes too heavy on physical disadvantage, the traditional Chinese medicine for this reason that, had the five elements theory explained: too

many fresh sour things, due to sour Rugan, will Ganqipiansheng, bad and weak; too many fresh Savory things, because of salt into the kidney, kidney bone, it will cause great hardship of the gas Laojuan Bei, muscle shortening, heart-depression;

Fresh Takuan too many things, Gan of the ease of stagnation, will make full cardiac asthma, Looking black, Shenqi can not balance the bitterness is too fresh and more things, the temperament of China shall not Wenru, dyspepsia, stomach to Zhang Man; too many things fresh Xin Wei, Jin Mo corrupt and relaxation, mental also be damaged. Therefore, attention to diet Wuwei reconcile, to impartial weight, can be strong bones, Jinmai soft, smooth qi and blood, skin texture of solid, so the body will be healthy,

Summed up the most food-short a feeding motto. For diabetes, especially those with kidney patients, in addition to the daily diet should follow the general health requirements, more attention should be paid less sodium diet.

#### (10) catering to ease

Catering to ease, when the diet is not Baoyinpushi, crude chewing radical swallow. Food digestion, chewing is the first procedure, only the first procedure for processing, and food to the stomach can be better digestion and absorption. Crude radical swallow chewing-feeding has two major benefits not in it. First: diabetes food intake is often come from the estimates, the active ingredient should be adequate absorption and utilization, however, chewing the different levels, can affect the absorption of nutrients. There are experiments show that crude chewing than Xijiao to be less absorbed 13 percent protein, fat 12 percent, 43 percent cellulose. This shows that Xijuemanyan important role. Second: rough chewing acute stomach and pharynx will add to the burden of the pancreas and other organs, Shijianyizhang, easily lead to some diseases. The diet to alleviate the problem, the ancients already understand: chewing food relief, benefit persons 3: covered Xijiao, the best food, nourishing to five internal organs, also; spleen and stomach easy to digest, the two also; Ye will not swallow choking cough, 3 also. This conclusion, so far appears to still be very reasonable, especially for diabetics.

#### (11) catering to warm

Diabetes diet to moderate temperature, too hot or too cold food will cause adverse reactions. According to Chinese medicine theory, one of the characteristics of the spleen and stomach and was afraid of the cold-warm, cold food should not eat. Food to warm the ingestion of this scientific law in China's medical

Huang Di Nei Jing already found: Food, no Zhuozhuo heat, cold without Cangcang, the cold temperature in fitness, it will be a gas, is not Xiepi Also. Its meaning is: Where diet, hot food should not be too high temperature, cold temperature of the food can not be too low, if we can eat moderate temperature, then the human body upright will not be injury, Bingxie Cheng Xu and there will be no violations of the body. Such a body would at peace.

### About the Author

From [www.myrtlebeachonline.com](http://www.myrtlebeachonline.com):

A complete diabetes diet guide, including diabetic recipes, expert advices, meal planning tips, and useful diabetes and nutrition.

There is no one diet prescription for persons with diabetes. Diabetes management should consider nutrition, physical activity and pharmacologic.

What every diabetic should know about diabetic diets. Written by doctors to help diabetics plan their diets. Carbohydrate counting and other aspects.

The diet frequently recommended for people who suffer from diabetes mellitus is one that is high in dietary fibre, especially soluble fibre, but low in fat.

In this revised and updated edition of his work, Bernstein provides an accessible, detailed guide to his revolutionary approach to regulating.

Diabetes diet information, including carbohydrates, fat and the effects of food on blood sugar. Managing diabetic diets. Find out how diabetic.

Millions of overweight Americans at high risk for type 2 diabetes can delay and possibly prevent the disease with moderate.

A diabetes meal plan is a guide that tells you how much and what kinds of food you can choose to eat at meals and snack times. A good meal plan should.

Source: <http://www.productsherbal.com>