

## INNATE BRILLIANCE

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## NUTRIENT SPOTLIGHT



**Chia seeds** were a prized food to the ancient Aztecs and Mayans. "Chia" is the ancient Mayan word for strength, and the tiny seeds were valued for their energy-boosting properties. They were known as "Indian Running Food" and the warriors and athletes often consumed a chia seed gel prior to their events to maintain energy and stamina. Chia seeds are a quick and easy-to-use source of protein, healthy fats, dietary fiber, minerals, vitamins, and antioxidants. Just two tablespoons of chia provide about 10 grams of fiber, 18 percent of the daily recommended value for calcium, 35 percent for phosphorus, 24 percent of magnesium, and about 50 percent for manganese and vitamins A, B, E and D. Chia seeds contain a high concentration of the plant-based omega-3 fat alpha-linolenic acid (ALA). ALA is an essential fatty acid that is very beneficial and since your body can't make it you need it in your diet. Chia seeds contain a number of additional phytochemicals, each with its own unique benefits. Chia seeds can last up to two years without refrigeration, because of the high levels of antioxidants they contain. They have a very mild flavor unlike a few other seeds, hence can be used in a variety of recipes. It is one of my favorite sources of complete protein for smoothies especially since they provide tons of energy and are so nutritious!