

## Chia Seeds: The High Fibrous Food

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### Description

Chia seeds come from the plant *Salvia hispanica* L., and a major food crop in Mexico and Guatemala. The little, nourishment pressed "superseeds" are currently a staple in numerous healthy conscious families. On account of their small size, gentle taste, and flexibility, it's not difficult to fuse chia seeds into your eating routine.

As per the American Society for Nutrition, chia seeds give insoluble fiber which helps to decrease constipation. They additionally convey sound fats, protein, and cell-ensuring cancer prevention agents. Chia seeds are the sources of minerals, for example-Calcium, iron, zinc, copper, manganese, niacin, magnesium. Chia seeds may assist with controlling glucose. A randomized controlled preliminary distributed in diabetes care determined that adding chia seeds to ordinary sort 2 diabetes medicines further develops cardiovascular illness hazard and keeps up with great glucose and lipid control. When added to fluid, they swell a few times from their size and structure which is not difficult to swallow and process. You may add chia seeds directly to items that have fluid, similar to juice or yogurt. Eating with Purpose recommends making chia gel. You can make chia gel by mixing 1/3 cup of chia seeds into 2 cups warm water and allowing the combination to thicken. Chia seeds may likewise be ground. There is no compelling reason to avoid eating chia seeds since you've never pre-arranged them.

A popular way to use chia seeds is in smoothies. A tablespoon or less of fresh seeds or chia gel is all you need to add texture and nutrients to your fruit and veggie smoothies. This chocolate, almond, chia seed smoothie is surprisingly healthy. Almonds give it a full of protein and medjool dates and banana add a healthy dose of potassium. Try using dark cocoa powder for added richness.

Chia seeds blend well with salad dressing ingredients such as olive oil, vinegars, honey, and lemon juice. Add about a tablespoon of seeds in any salad recipe. The more seeds you add, the thicker the dressing.

Avoid the artificial ingredients and monosodium glutamate found in many salad dressings by making this chia seed vinaigrette. It combines chia seeds with honey, Dijon mustard, and apple cider vinegar.

You may find chia pudding on the menu at organic cafes and health food stores, but it's simple to make your own versions at home. Chia pudding is similar in consistency to tapioca. It's simple enough to make for breakfast yet elegant enough to serve for dessert at your next dinner party.

All you need to make vanilla bean chia pudding is almond milk, chia seeds, and vanilla beans. Top this versatile dish with a dash of cinnamon, chocolate shavings, lemon zest, or a drizzle of maple syrup. You may also layer the pudding with fresh fruit to create a tasty parfait.

If you're not a fan of chia seeds' gelatin-like texture, try adding them to baked goods. Chia gel helps keep baked goods moist and may be used in place of eggs or as a thickener. You may also top muffins or quick breads with chia seeds before baking. Substitute one whole egg in a recipe for 1 tablespoon of chia seeds mixed with 3 tablespoons of water.

Banana chia breakfast muffins are made with oat flour, Greek yogurt, chia seeds, maple syrup, bananas, and dates. Try them for a portable breakfast or after-school snack for your kids. Chia seeds give homemade granola, energy, or protein bars a fiber boost. Try making chia seed energy bars made from dates, coconut oil, chia seeds, vanilla, and add dark chocolate, coconut, and dried fruit.