



## **Heart Health Month**

By Joy Lenz, RD CD

February is Heart Health Month. There is a simple seed that we can enjoy with excellent heart health benefits among others.

Chia (pronounced chee-ah) seeds are versatile little powerhouses of nutrition.

Here are just some of the nutrients in **2 Tbsp of chia seeds:**

- 10 grams of fiber
- 6 grams of protein
- 7 grams of polyunsaturated fat (Omega 3 most of which is the Alpha-linolenic, ALA)
- 15% of Daily Value for calcium
- Other minerals like zinc, phosphorus, and magnesium
- Antioxidants

The fiber in chia seeds helps with satiety, digestion, and can even support a heart healthy lifestyle by lowering cholesterol and even blood pressure over time. The antioxidants neutralize damaging free radicals throughout our body. The omega-3 fatty acids can have a beneficial effect on heart health by lowering cholesterol, regulating heart rhythms and blood pressure, preventing blood clots, and decreasing inflammation. Chia seeds offer all 9 essential amino acids making them a complete protein to boot!

Purchase chia seeds whole for most purposes.

Here are of the ways you can eat chia seeds:

- Mix with plant milk and other ingredients to make pudding
- Add to smoothies or smoothie bowls
- Add to oatmeal (even overnight oats)
- Use in energy bite recipes
- Use in bread or baking
- 1 Tbsp chia seeds with 2-3 Tbsp of water = 1 egg in baking (set aside the mixture for 5-10 minutes)

Here is a link to some of Dr Kumar's chia seed recipes on her website: [Life Changing Loaf of Bread with Olives and Caraway](#), [Overnight Oats](#) and [Chia Pudding](#) made with a can of coconut milk.

Enjoy trying a new chia seed recipe this month.



## Chia Pudding

3/4 cup plant milk (ie almond or soy)

1/4 cup chia seeds (not ground)

1-2 Tbsp pure maple syrup

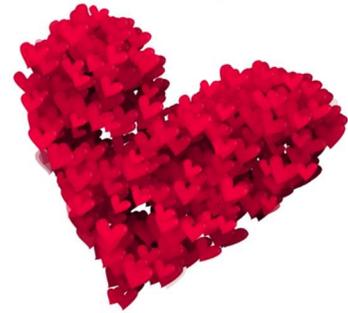
1 tsp vanilla extract

Toppings: berries, coconut, cacao nibs, banana slice

1. Mix all ingredients.
2. Cover and refrigerate for two hours or more. Stir again. Using a whisk helps to break up lumps.
3. Enjoy

Makes two servings

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Joy Lenz RD CD 2022

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If you are looking for more help in transitioning or committing to a plant-based lifestyle, Joy Lenz is available for appointments through the Ommani Center. Just call to schedule your visit with her.

©February2022, Joy Lenz, RD CD is a Registered Dietitian at Ommani. She offers consultations via Zoom on Thursdays. Call our office at 262.695.5311 to schedule an appointment.