

Healthy Seeds for Healthier You

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Introduction

A seed is a basic part of any plant. The ovules after fertilization, develop into seeds. A seed is made up of a seed coat and an embryo. The embryo is made up of a radicle, an embryonic axis and one (wheat, maize) or two cotyledons (gram and pea). A seed is found inside a fruit which converts into a new plant when we plant it. Hence, the seed is the most important part.

Different Types of Seeds for Eating

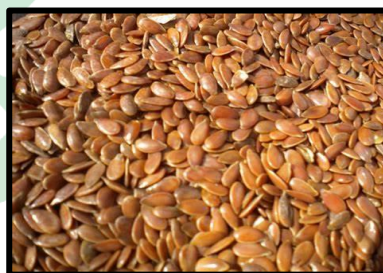
Here are different types of seeds you can add to your diet:

1. Flaxseeds

Overview: Jam packed with nutrients, just two tablespoons of flaxseed contain 6 grams of fibre and 4 grams of protein. It is also rich in alpha-linolenic acid, a type of omega-3 fatty acid. Flaxseed consumption helps improve cardiovascular health and also helps protect the body from cancer.

Health Benefits:

- Protects against cancer
- Improves cardiovascular health
- Aids in weight loss
- Super powerful for hair growth



2. Chia Seeds

Overview: These tiny seeds have come a long way and pack in 10 grams of fibre in a 2-tablespoon serving. They also contain proteins, omega-3 fatty acids, antioxidants, and minerals like: iron, calcium, magnesium, and zinc.

- Health Benefits:
- Highly nutritious,



- Helps lower blood pressure,
- Provides strength to the bones,
- Aids in weight loss

3. Rajgira Seeds

Overview: Amaranth or Rajgira isn't technically a grain like oats, wheat or rice. The flowers of the plant are made up of minuscule, grain-like buds, the reason why this plant often falls into the "grain" category.

Health Benefits:

- Helps In Weight Loss
- Protects Against Cancer
- Fights Inflammation
- Builds Muscle Strength
- Aids In Digestion
- Promotes Heart Health



4. Sunflower Seeds

Overview: Sunflower seeds are high in healthy fats, as well as: proteins, fibre, phytochemicals, selenium, copper, and magnesium. Richest source of Vitamin E.

Health Benefits:

- Anti-inflammatory
- Boost heart health
- Boosts immunity
- Good in pregnancy



5. Pumpkin Seeds

Overview: Pumpkin seeds can constitute as a tasty snack and boasts about 16% of required daily iron needs. They are a good source of amino acids, protein, and omega-3s, as well as minerals such as zinc and magnesium. They are also rich in fiber.

Health Benefits:

- High in antioxidants
- Aids in weightless and gain
- Reduces certain risk of cancer



- Improves bladder health
- High in magnesium
- Lowers blood sugar level and improves heart health

6. Basil Seeds

Overview: Sabja seeds or basil seeds are black seeds that look a lot like chia seeds and offer immense health benefits. They are native to India and are rich in protein, essential fats, carbs, and are packed with fiber. Surprisingly, they contain no calories.

Health Benefits:

- Packed with fiber
- Supports gut health
- Aids in blood sugar control
- Good source of minerals



7. Hemp Seeds

Overview: Hemp seeds are one of the healthy seeds to eat. They have 20 amino acids including 9 essential amino acids that body cannot produce. Also, they have proteins that enhance the immunity system and removes toxins from the body.

Health Benefits:

- Protects the brain
- Boosts heart health
- Reduce inflammation
- Improve skin conditions
- Improves arthritic conditions



8. Pomegranate Seeds

Overview: Pomegranate seeds known as arils have lots of fibre and 40% of your daily requirement of vitamin C. They also contain heart-healthy antioxidants called polyphenols, including: flavonoids, tannins, and anthocyanin.

Health Benefits:

- Anti- inflammatory
- Helps fight prostate cancer
- Beneficial against breast cancer



- Lowers blood pressure
- Helps in fighting joint ache and arthritis

9. Apricot Kernels

Overview: The apricot kernel is a small but powerful seed that has been linked to possible cancer treatment. It's found inside the centre of an apricot stone.

Health Benefits:

- Aids digestive health
- Lowers blood pressure
- Improves heart health
- Reduces inflammation and arthritis
- Improves vision and eye health
- Supports liver health
- Supports mental health



10. Sesame Seeds

Overview: Sesame seeds have many potential health benefits and have been used in folk medicine for thousands of years. They may protect against heart disease, diabetes, and arthritis

Health Benefits:

- Good source of fibre
- Lowers cholesterol and triglycerides
- Plant protein
- Lowers blood pressure
- Supports healthy bones
- Reduces inflammation
- Controls blood sugar levels
- Rich in anti-oxidants



11. Grape Seeds

Overview: Grape seeds are rich in antioxidants, including phenolic acids, anthocyanin, flavonoids, and oligomer proanthocyanidin complexes.

Health Benefits:

- Reduces blood pressure
- Improves blood flow
- Reduces oxidative damage
- Improves collagen levels and bone strength
- Supports your brain as it ages
- Improves kidney function
- Reduces cancer risk and protect liver health



12. Caraway Seeds

Overview: Caraway is a unique spice long used in cooking and herbal medicine. When used medicinally, caraway can be made into a tea or taken as a supplement. You can also apply its essential oils to your skin.

Health Benefits:

- Reduces inflammation
- Enhances healthy digestion
- Promotes weight loss



Conclusion

Seeds are great sources of healthy fats, vegetarian protein, fibre and antioxidant polyphenols. They can help reduce the risk of certain cancers, help lower cholesterol and heart diseases. Seeds are extremely easy to add to salads, yogurt, oatmeal and smoothies, and can be an easy way to add healthy nutrients to your diet.