

FLAX

Optimize health with a simple seed

You've seen it on TV, at your local health food store, or heard about it from a friend.
So, why all the fuss about flax?



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Choose Flax For A Healthier Lifestyle



From the field

Flax is a blue-flowered plant that grows in cool northern climates of the western Canadian prairies and northern U.S. The flax plant yields tiny flaxseeds known for their wide array of health benefits and which can be consumed in whole seed, milled, or oil form.



Tiny seed. Big results

Though tiny, flax packs a powerhouse of disease-fighting compounds, most important of which are omega-3 fatty acid, lignans (healthy antioxidants), and fiber.

Research shows that alpha-linolenic acid (ALA), the omega-3 in flax, can help to prevent heart disease and inflammatory disorders. When consumed, ALA in flax allows nutrients to enter the body's cells and aid in the removal of toxins which makes this fatty acid "essential to life." But the body can't produce ALA on its own, and it must be obtained from sources like flax.

Flax's high content of lignans may help prevent certain cancers and its high fiber content can reduce blood cholesterol and the risk of type-2 diabetes. Flax is the best plant source of lignans which are natural antioxidants that may reduce the activity of cell-damaging free radicals, slow the aging process, and increase overall wellness. These tiny seeds provide up to 700 times more lignans than legumes or whole grains. Also, flax is an excellent source of both soluble and insoluble fiber, which ease the effects of type-2 diabetes as well as promote heart, colon, and digestive health.

An easy addition to a healthy diet

Flax is an ideal ingredient added to many products on today's grocery shelves such as breads, energy bars, cookies, crackers, and pastas. Whether it's whole seed or milled, adding flax's mild, nutty flavor to favorite foods makes every dish a nutritious treat.

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10 TIPS

HEALTHYFLAX.COM
FOR HEALTHY FLAX HABITS



Flax is a healthy little seed that can easily be incorporated into your busy lives. One to two tablespoons (16g) daily can be added to diets in a variety of ways. Keep reading for some helpful hints to get your daily dose.

- 1 Replace fat:** Keep good fats in your recipes by substituting 3 Tbsp. of ground flaxseed for 1 Tbsp. of margarine, butter, or cooking oil.
- 2 Keep it handy:** In your refrigerator, keep a handy stash of ground flax accessible in an opaque, airtight container for up to 45 days. Whole flaxseeds can be stored for up to a year! Just use a coffee or spice grinder when you need it in its milled form, which is when it offers its biggest health boost.
- 3 Simple on cereal:** Sprinkle 1 to 2 Tbsp. of milled or whole flaxseed onto your morning cereal or over salads for a nutty taste.
- 4 Dress-up:** Shake or stir your daily dose of flax into your salad dressing.
- 5 Shake things up:** Mix milled flax into yogurt or smoothie shakes for an extra energy boost.
- 6 Top that:** Top your fruit and cottage cheese with flax for a crunchy flax punch.
- 7 A final touch:** Stir it into thicker soups such as lentil or bean varieties or into pasta sauces just before serving.
- 8 In the mix:** You can always mix whole or milled seeds into your favorite bread dough. Also think about mixing it into burgers, meatloaf, and fish or vegetable patties as a tasty change.
- 9 Flaximum benefits:** Add whole flaxseeds to cookie dough and muffin mix or sprinkle some on your favorite bread for artisan appeal.
- 10 Getting started:** When using ground flax, because of its high fiber content, add it slowly starting with about a tablespoon a day and work up to two or more per day.



For more nutritional information, flax facts, and great new flax recipes, visit www.healthyflax.com and learn how powerful flax can benefit your life.