

Mayo Clinic Minute

Flaxseed: Tiny seed, nutritional powerhouse

Video	Audio
	This tiny nugget isn't a grain but a seed.
Katherine Zeratsky Dietitian Mayo Clinic	"And when we think about seeds, seeds are very concentrated — little packages full of nutrients."
	Mayo Clinic dietitian nutritionist Katherine Zeratsky says flaxseed is high in healthy fat, vitamins and minerals. Plus ...
	"... flaxseeds are a great source of fiber, and fiber can be beneficial in helping reduce our overall cholesterol level."
	And most Americans don't get enough fiber. Fiber is good for digestion, heart health and ...
	"For people who have diabetes, it can be beneficial in helping regulate their blood glucose."
	Zeratsky says you don't have to add a lot of flax to your diet to get the benefits. Try adding it to your smoothies.
	"Starting with even a few teaspoons just to see how you like it. And if you like the taste and the texture, without overdoing the calories, [that] is a good way to start."
	Whether you choose whole or ground flaxseed, just keep it in a cool, dark place. Zeratsky recommends whole flax for the best nutritional value.
	"Grind it because that allows your body to more readily absorb the nutrients that are in that flax."
	For the Mayo Clinic News Network, I'm Ian Roth.