

Mayo Clinic Minute: Chia — it's not just a pet

VIDEO	AUDIO
Courtesy: YouTube/Joseph Enterprises	It's not just a popular "pet."
Nat sound from commercial	"Cha-cha-cha-chia!"
Jason	Chia is actually a seed. It's high in protein, fiber, omega-3 acids and antioxidants.
Anya Guy Dietitian Mayo Clinic	"They're small, round, black, and they're typically found in bags — maybe in the baking section. People often think that chia seeds need to be ground like flaxseeds, but you can actually eat them whole because the outside layer is very delicate."
Jason	If you're adding chia seeds to a dish, a typical serving is two tablespoons, which is around 4 grams of protein, 10 grams of fiber and 140 calories.
Anya	"Some of my favorite ways to use chia seeds is sprinkled into salads or breakfast cereals. I also like mixing into my smoothies in the morning."
Jason	Try mixing them with a liquid to form a gel that can be added to your smoothie or any other food. There's little taste to the seeds, so you're not changing the flavor but still gaining the health benefits.
Anya	"Chia seeds are a complete protein — meaning that they have all nine essential amino acids that the body cannot make."
	For the Mayo Clinic News Network, I'm Jason Howland.