

Chia a superfood

Chia (*Salvia hispanica L*)

Every day throughout the world there are articles announcing the benefits of `Chia the Wonderfood', `Chia the Superfood' and other titles. Chia (*Salvia hispanica L*) is a member of the Mint family and really came to the attention of athletes when Christopher McDougall in Born to Run, bestselling book about an ultra-distance running tribe in Mexico who fuel their long journeys with the seeds.

"In terms of nutritional content, a tablespoon of chia is like a smoothie made from salmon, spinach and human growth hormone," Christopher McDougall in Born to Run.

Other well know authors include:

Wayne Coates, co-author of Chia: Rediscovering a Forgotten Crop of the Aztecs

The University of Arizona professor writes that he regularly relies on the seeds to power his way through long runs over 50 miles or more.

(You can find more information about chia on our website: www.hsib.co.uk)

So what is Chia (*Salvia hispanica L*)?

It is a food that has been around for thousands of years, the Aztecs gave there messengers and runners a little bag of chia and taken with water it was a light to carry, nutritional, fast food. Full of energy. Hence its other common name `The Running Food' there are many in depth articles in regards to all the sporting benefits and how athletes use these as part of there preparation for events.(See above)

Here in the UK Chia is still not available for general use “ the UK, the seeds are only currently allowed for sale as a bread ingredient” (23 March 2012 Last updated at 00:52 **The chia craze By Lauren Everitt** BBC News Magazine) Whilst, elsewhere in the world Chia is being used in all sorts of sporting food supplements.

On a personal note Chia and Flax seeds thrown into a home made bread mix is wonderful, my wife uses a couple of handfuls of each, it makes the bread slightly browner than normal and far more nutritious.

Other ways I enjoy Chia (*Salvia hispanica L*) is to have some freshly baked bread and add peanut butter which I have already mixed chia into. I place a tablespoonful of peanut butter into a dish then add 2 tablespoonful's of chia, mix them together until chia is now evenly spread add to bread – what a wonderful taste, fresh, crunchy, yummy! (Remember to have plenty water).

For further ideas on having chia please visit my website at www.hsib.co.uk where I have

produced several information leaflets on a number of superfoods eg Spirulina, Chlorella, Wheat grass, Barley grass, Red Maca and others. Or read other articles that I will publish in ezines in the future.

I have listed some of the more common benefits associated with Chia (*Salvia hispanica L*)

Cut Cravings for foods

Large amount of anti-oxidants

Have more energy

Add Omega 3 to your diet

Lose weight without starving yourself

Chia is a rich source of fibre

Nutritional Information	Quantity per 100g
Protein	20 percent
Carbohydrates	7 percent
Dietetic Fibre	38 percent
Moisture	3 percent
* Omega Fat	19 percent
* Other Fat	5 percent

Buy your chia from www.hsib.co.uk

