5 Seeds That Are Super Foods

While the term “super foods” is thrown around quite frequently, many people are still unsure which foods fall into the super category; especially when it comes to nuts and seeds.

Seeds come with numerous great health benefits, but some are definitely considered healthier than others. If you’re looking to add seeds to your daily diet but you’re unsure which ones offer the biggest benefits, here you’ll discover 5 seeds that are considered super foods.

1. Chai seeds

Out of all of the different seeds available, chai seeds are by far the most nutritious. In particular, they’re renowned for their weight loss benefits, and they come with more calcium in just a tablespoon, than a full glass of milk.

Their benefits don’t just stop there either. They’re also known to boost energy levels, contain more Omega 3 than salmon, and they can lower the risk of colon cancer. If that isn’t a super food I don’t know what is!

2. Flaxseeds

If you want to get the full benefits of these tasty, nutty seeds, it’s a good idea to ground them. They come with numerous health benefits, including lowering the risk of heart disease and various types of cancer.

There’s even been a potential link made between flaxseeds and fat loss. So, if you’re looking to shed the pounds, ground flaxseed could be the answer.

3. Sunflower seeds

While it’s true that sunflower seeds aren’t the tastiest type around, they are extremely good for the immune system. They contain a high level of folate and B vitamins, along with a good level of Vitamin E for healthy skin, hair and nails.

4. Hemp seeds

You may not realize it, but hemp seeds are considered a complete protein, just like soy and egg whites. They also contain all of the amino acids that your body needs to stay healthy.

What’s most interesting about hemp seeds however, is that there’s 45% of daily magnesium intake contained in every ounce. Diets which are particularly high in magnesium, can really decrease the chances of developing diabetes.

5. Pumpkin seeds

Just like hemp seeds, pumpkin seeds contain a huge amount of magnesium, but they also provide a good level of zinc too. This means they’re great for skin and eye health. They’re easy to incorporate into your everyday diet and have quite a pleasant taste too.

So, there you have it – 5 seeds that are considered super foods. Why not take a look at different seed recipes to see how they can easily be added to your daily diet.