Benefits of Chai Seeds

Chai seeds are considered one of the few “superfoods” available and have become extremely popular in recent years. When prepared properly, they are really easy to digest and they’re versatile enough to be added to a wide range of different recipes.

Packed full of nutrients, it isn’t hard to see why chai seeds are popular amongst health enthusiasts. Here we’ll look at some of the best benefits of chai seeds.

Low in calories, high in nutrients

One of the best things about chai seeds is the fact they contain a mountain of nutrients, but very few calories. So, if you’re looking to lose weight as well as eat a healthier diet, these seeds are a fantastic staple to keep in the cupboard.

It’s estimated that in two tablespoons of chai seeds, there’s around 137 calories. This makes them a dream for dieters, providing plenty of energy without the calories contained in many other snacks.

They’re great for balancing blood sugar

If you want to maintain good energy levels and health, it’s important to ensure your blood sugar levels are well balanced. Chai seeds are known to help balance blood sugar levels thanks to both their fiber content and gelling action.

After eating the seeds with a meal, they help to turn the food into a steady, constant source of energy. So, if you find you often suffer with energy highs and lows throughout the day, chai seeds can help eliminate this problem.

Helping to combat the signs of aging

It’s actually been discovered by Mexican researchers, that chai seeds contain twice the levels of antioxidants than previously thought. Not only that, but the activity of the antioxidants showed that it could stop free radical activity by up to 70%.

So, what does this mean in terms of preventing the signs of aging? Well, many signs of aging are brought on by free radical damage. As the antioxidants in chai seeds prevent free radical activity, they naturally help you to stay looking younger for longer.

They’re great for digestive health

In each ounce of chai seeds, there’s an estimated 11g of fiber. This means just one serving of the seeds provides you with the recommended daily dose of fiber in accordance with the American Dietetic Association.

Fiber is essential when it comes to maintaining a healthy digestive system. It promotes healthy stools and regular bowel movements. They also absorb once they’re in the stomach, so you’ll feel fuller quicker, preventing you from overeating.

Overall, there are many benefits of chai seeds and the above are just some of the best. If you haven’t yet tried this superfood then now is definitely the time to do so.