Complementary blog post: 5 Seeds that are Super Foods

Subject: 3 Super Food Seeds for Weight Loss

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Can seeds really help you to lose weight? Super Food seeds can! They may be small, but super seeds are packed full of nutrients and when used correctly, can be an excellent weight loss aid.

Here we’ll look at just 3 super food seeds for weight loss you’ll want to incorporate into your diet today.

1. Chai seeds

You’ve likely already heard about the health benefits of chai seeds. In recent years, these little seeds have developed an impressive reputation in the weight loss industry.

Derived from the mint family, chai seeds have the ability to absorb 10 times their own weight when exposed to water. It is this impressive feat which makes them great for weight loss as they keep you feeling full and less likely to binge on unhealthy snacks.

2. Pumpkin seeds

Pumpkin seeds are high in zinc, which is very important for weight loss. It boosts production of testosterone in the body, which is responsible for both fat burning and building up muscles.

Its magnesium and iron content also helps to prevent fatigue. When you’re tired, you’ll already know you crave sugary, unhealthy foods. So, by adding pumpkin seeds to your diet you’ll be able to combat the common challenges of weight loss without feeling deprived.

3. Hemp seeds

Hemp seeds are very similar to chia seeds, in the fact they contain plenty of fiber and omega 3. However, they also have the additional benefit of omega-6. Gamma-linolenic acid is known to prevent inflammation, which is beneficial for not just weight loss, but your overall health.

They also contain amino acids, which help to build up the muscles and maximize fat burning.

To find out more about super food seeds and their great health benefits, check out the blog on our site.

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The above are just a small selection of super seeds which can aid in weight loss. The great thing about these seeds is they can easily be added to meals, including smoothies, sprinkled over salads and added to oatmeal. They won’t produce results overnight, but if you incorporate them into your daily diet, it won’t be long before you start seeing the weight loss benefits.

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