Complementary Blog Post: How to use Chia Seeds For Weight Loss

Subject: Chia Seeds Vs. Flax Seed Which Is Better?

[firstname],

Chia seeds have tons of omega-3 fatty acids, protein, fiber, and antioxidants in them. That is why they are so. They are also known to help you lose weight, they aren’t the only seed that can do this – the flax seed is also a great one to take when you’re trying to lose weight.

What is the difference between the chia seed and the flax seed?

Both of these seeds are full of fiber, but chia is the best between the two because it has one of the richest sources of soluble fiber which means that it slows the rate of absorption into your body. That also means that you’ll stay full longer.

Not only that, but chia seeds have more fiber grams per serving than the flaxseed.

Healthy fat is essential to the body and both seeds provide this as well, but the chia seed has more per gram than flax seeds. So again, the chia seed is the better of the two.

The seeds both have protein and about the same amount in each gram, but there is a big difference with the type they provide. Chia seeds actually provide the complete protein in the seed. What does this mean? That it has all of the amino acids that form the protein inside of them.

One area that the flax seeds beat the chai is with copper. While chia seeds only have three percent – flax seed has seventeen preserving. This vitamin helps your red blood cells form.

If you’re watching your carbs you’ll want to go with flaxseeds – they only have 4g per serving vs chia at 6g. So if you’re on a low-carb diet this is the better choice.

Both of these are a great seed to incorporate into your daily diet and the best one really depends on what you’re looking for. The seeds are very similar in what they offer, but picking on will be determined on what your needs are.

If you want to learn more about the benefits of chia seeds – check out the blog post on the site.

LINK

The best thing is that both of them can easily be added to your diet. Sprinkle them in your oatmeal, smoothies, on top of cereal and put them inside casseroles. There are quite a few ways to use them in your recipes.

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