

Adding chia seeds to your diet

Catherine Nanozi, a nutritionist with Cathy's wellness center at Nsambya says when consumed, chia seeds can be of great importance to one's health. Chia seeds have got a number benefits but there are three major ones as Nananzi explains.

Eating enough fiber is key in keeping our intestines healthy and constipation free, with regular bowel habits. Chia seeds have a substantial amount of fiber. Two to three tablespoons of chia seeds can provide

one with approximately half the recommended amount of fiber the body needs in a day. It stabilizes blood sugar, when ingested.

Chia seeds form a smooth soft gel-like substance that helps the body to digest carbohydrates more efficiently; controlling the amount of sugar that enters one's blood, this also helps to provide the body with energy for an extended period of time.

Nanonzi says chia seeds are also recommended for people with diabetes and

people who want to lose weight.

"Chia seeds are important in reducing the risk of developing stroke or heart diseases especially among diabetic patients," she says.

Nanonzi however advises people with diabetes to always discuss with a professional nutritionist or doctor before taking chia seeds. Chia seeds can as well help to lower inflammation and lower the level of fat in blood. These are beneficial for people with heart disease

like High blood pressure and joint pains. Better still, Chia seeds can be applied on the skin to reduce itching.

How to use chia seeds

They can be added or sprinkled on salads, rice, and yoghurt or used to thicken soups.

Mixed in warm drinking water or one can as well add them in foods like cakes before baking.

Caution

One table spoon of chia seeds is recommended.

