

The Health Benefits of Seeds

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The Many Benefits of Seeds

- Seeds are highly nutritious because they contain everything required to form a complex plant
- Seeds are rich in fiber, unsaturated fats, vitamins, minerals, and antioxidants
- Seeds are clinically shown to help reduce blood sugar, blood pressure, and cholesterol



Flaxseed

- Also called linseeds- are a good source of fiber, omega 3s, and alpha-linolenic acid (ALA) which help reduce cholesterol levels
- Blood pressure and blood sugar are reduced by flaxseed intake
- For best absorption, it is recommended to eat ground flaxseed

Flaxseed

- The lignans found in flaxseed are a type of phytoestrogen. They act similarly to estrogen
- Men with prostate cancer and women with breast cancer have shown a reduction in markers for tumor growth

Flaxseeds can be added to yogurt, oatmeal, and smoothies

Chia Seeds

- Chia seeds are great sources of fiber, and omega-3s, and the antioxidant polyphenol
- The nutrients in chia seeds have been shown to reduce inflammation by increasing blood levels of ALA
- Chia seeds aid in lowering blood sugar in maintaining satiety
- They can help lower blood pressure and other heart disease risk factors

Hemp Seeds

- Hemp seeds are rich in protein. Over 30% of its contents is protein. They are one of the few plant based complete proteins
- Hemp seeds contain omega-6 and omega-3 fatty acids that promote cardiovascular health and are anti-inflammatory in nature
- Those with eczema experienced reduced symptoms after supplementing with hemp seeds

Hemp seeds can be sprinkled over cereal, salads or yogurt



Sesame Seeds

- Sesame seeds contain many lignans, one in particular is sesamin. This seed is best known for its level of lignans
- Sesamin can be converted by your intestinal tract into enterolactone (another type of lignin)
- Enterolactone acts similarly to estrogen and is known to reduce heart disease and protect against breast cancer
- Postmenopausal women who eat sesame seeds showed improvement in cholesterol, blood pressure, and sex hormone status

Sesame Seeds

- Inflammation and oxidative stress in several disorders have shown improvement with sesame seed supplementation
- Athletes have experienced reduced muscle damage and oxidative stress and an improved capacity for aerobic exercise

Pumpkin Seeds

- Pumpkin seeds are rich in phosphorus, monounsaturated fats, phytosterols and omega-6 fatty acids
- Phytosterols have been shown to decrease cholesterol levels
- Cancer risks are lower in those who eat pumpkin seeds
- Some studies have shown pumpkin seed oil eases symptoms of BPH and overactive bladder
- Pumpkin oil can also help boost good (HDL) cholesterol, lower blood pressure and decrease menopause symptoms

Sunflower Seeds

- Sunflower seeds are a good source of protein, vitamin E and monounsaturated fats
- They have anti-inflammatory properties and lower the risk of heart disease
- C-reactive protein (CRP), an inflammatory chemical, is markedly reduced in those who eat sunflower seeds
- Sunflower seeds tend to lower both good (HDL) and bad (LDL) cholesterol