Sensational Seeds

No nuts about it! Nuts are often touted as a nutrient dense, plant-based food, while seeds often get the short end of the stalk. Although smaller than their nutty cousins, seeds still pack a nutritional punch. Aside from adding extra flavor and crunch to your food, chia, flax, sesame, and pumpkin seeds can contribute to a healthy diet by providing unsaturated fats, dietary fiber, and protein. They are also a great substitute for those allergic to peanuts and/or tree nuts. Succ-seed in planning your next balanced meal by following the tips below.

Flax Seeds
Flax seeds are one of the best plant sources of omega-3 fatty acids, which have been associated with reduced inflammation.

Chia Seeds
One serving of chia seeds provides almost 50% of the recommended amount of fiber and 18% of the recommended amount of calcium. These seeds also provide a source of plant-based protein.

Sesame Seeds
Sesame seeds, particularly in the form of sesame oil, are high in lignan; a powerful antioxidant that may help lower blood pressure.

Pumpkin Seeds
One serving of pumpkin seeds (pepitas) contains over 40% of the recommended daily intake of magnesium. This mineral is often lacking in the American diet and is important in maintaining overall health.

Tahini, which is made from ground sesame seeds, is one of the main ingredients in hummus. Add hummus to your sandwich at the deli station. Look for sesame oil at the Mongolian Grill in the dining halls.

Chia seeds can be included in your smoothie at Harvest Café or Harvest Juice Bar.

Pumpkin seeds can be found at the salad station in the dining halls. Swap out croutons for pumpkin seeds to add a satisfying crunch to your soup or salad.

Seeds are calorie-dense, so make sure to keep your portions in check and to avoid consuming them in excess. The standard serving size for seeds is 1oz, or about two tablespoons.

Plant the Seed of Knowledge

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