

NUTRITION NUGGET #1

Question: Does flaxseed oil have the same benefits as flaxseeds?



Answer: Flaxseed oil has the essential fatty acid of flaxseed, not the fiber or lignan parts of the seed.

Facts:

- Pressing the seeds to make flax seed oil strips it of the lignans and fiber, so it does not share the same health benefits of flax seed.
- Flaxseed and flaxseed oil are rich sources of the essential fatty alpha-linolenic acid that indirectly becomes omega-3, associated with heart health and lowering cholesterol.
- The lignin parts of flaxseed (not flaxseed oil) found in the plant only have anti-oxidant and anti-cancer properties.
- Due to fiber in flaxseed (not flaxseed oil), flaxseed may have laxative properties. Note: Flaxseed eaten in large doses without sufficient water may cause bowel obstruction.
- Pregnant women, people going to surgery or with bleeding disorders must ask their health care provider before taking flaxseed or flaxseed oil.

Apply: If a participant asks you how much flaxseed oil to consume what would you recommend?