

Flax Facts and Frequently Asked Questions

Where can I buy Flax seed and Flax oil?

Flax seed is available at many health food stores, however larger grocery stores are carrying flax seed and flax products in their stores.

How do I use Flax?

Flax seed oil is available in capsule form, liquid form, whole seed, and ground seeds known as meal. The capsules can be taken with meals and the liquid can be taken by the teaspoon. The seeds are better absorbed in the body if they are ground. A coffee grinder works well. Store oil in refrigerator and once opened, use within 1 month.

What is Flax Seed?

Flax is a seed that is most commonly seen in the form of oil. The oil is available in capsule form or you may purchase the oil alone. Studies have shown that it is beneficial to incorporate foods high in omega-3 fatty acids into the diet. Until recently, it was believed the best source of these essential fats were contained in fish oils. While it is true that fish oils contain these essential fats, flax seed oil contains twice as much omega-3 fatty acids and does not have the unpleasant fishy aftertaste.

Flax Seeds contain B-1, B-2, C, E, and carotene. They also contain a phytonutrient called lignin.

Fabulous Flax:

Healthy properties of flax

- Flax is heart healthy.
- The omega-3 fats in flax helps to lower the LDL (bad) cholesterol in the body.
- Flax promotes colon health.
- Flax seeds are rich in fiber which helps to lower the risk of constipation.
- Flax promotes healthy skin.

• People who use flax as a dietary supplement have noticed improvement in dry skin and lower occurrences of eczema.

Cobb Salad With Flax Seed Oil Dressing

(4 servings)

2 Tbsp water
4 Tsp flaxseed oil
2 Tsp white vinegar
1 Tsp Dijon mustard
1/2 Tsp Worcestershire sauce
1/4 Tsp black pepper
1/4 Tsp minced garlic
4 cups lettuce of choice
4 oz turkey lunch meat
1 cup cucumber
1 tomato
2 hard boiled eggs
1/2 cup onions

Dressing

Whisk the first seven ingredients together in bowl.

Divide rest of the ingredients into four bowls and use 1 Tbsp of dressing per salad.