




PRODUCT DATA SHEET

CHIA SEED

Commercial name:	Chia
Scientific name:	<i>Salvia hispanica</i>
Origin:	Mexico
Important fact:	Chia seeds are one of the most-concentrated sources of Alpha-linolenic Acid (ALA), a plant-based Omega-3 fatty acid. They are also high in dietary fibre, protein, calcium, magnesium, zinc and antioxidants.
Mexican Tariff classification:	12079999
Benefits:	<ul style="list-style-type: none">• Chia seeds are easily digested and can be eaten whole.• Commonly sprinkled in salads, sandwiches, hot or cold cereals, yogurt and can be an ingredient of baked goods.• The seeds can be mixed with water, juice, or milk to form a thick beverage or pudding and can also be sprouted and eaten in fresh dishes.• Given chia seeds' high fibre content and ability to expand like a gel, there is some evidence that they may work as an appetite suppressant.• Improve the immune and nervous system.• Favour the healthy growth of children.• Help the healthy development babies during gestation.
Sample photo:	
Volume:	500 tn per year
Presentation:	20 Kg sack