

SEED ANALYSIS CHART

CAMELINA CHIA FLAX

<u>CALORIES</u>	58	63	47
<u>TOTAL FAT</u>	2.7g	4g	3g
<u>CHOLESTEROL</u>	3mg	0mg	0mg
<u>PROTEIN</u>	3g	2.3g	2g
<u>CARBOHYDRATE</u>	6g	5.7g	3g
<u>DIETARY FIBER</u>	3.2g	4.6g	2.3g
<u>SUGARS</u>	.4g	0g	0g
MINERALS:			
Sodium	-----	2mg	-----
Potassium	94mg	56mg	50mg
Calcium	20mg	77mg	-----
Iron	.88mg	.93mg	-----

**Serving size: 1 Tablespoon g = gram mg = milligram

REFERENCES: Chia Seed Nutrition, Exact Scientific Services, Arrowhead Mills Flax