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ASIA

Chia Oil Emerges as an Easy, Everyday Way to Meet Healthy Fat Recommendations

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Benexia is a global leader in chia-based innovations. As consumer interest in healthier fats continues to grow alongside updated guidance from the Dietary Guidelines for Americans, Seeds of Wellness - a company dedicated to chia seeds - is expanding access to one of the most concentrated plant-based sources of omega-3s with the launch of a new, larger 500 mL bottle of Chia Oil.

The newly released Dietary Guidelines for Americans recommend prioritising oils that provide essential fatty acids when cooking or adding fats to meals, while also advising that saturated fat intake not exceed 10 per cent of total daily calories. In practical terms, this means enjoying a variety of foods with healthy fats in order to maintain the right balance.

Seeds of Wellness Chia Oil meets these guidelines.

63 per cent of the total fat in chia oil is omega-3 ALA, an essential fatty acid the body cannot produce on its own

Just one teaspoon provides more than the recommended daily intake of ALA

Made only with 100 per cent pure chia seeds, using a cold-press process designed to preserve its nutrient profile, quality, and naturally nutty flavour - no chemical solvents or diluents are used

"We're at an important moment in how we think about omega-3s," said Dr Wendy Bazilian, DrPH, RDN. "ALA is an essential omega-3, and plant-based sources like chia are gaining attention not as alternatives, but as essential contributors to everyday healthâ??especially when they're incorporated naturally into daily meals through simple, delicious food choices."

With a medium-high smoke point of 420Â°F, Seeds of Wellness Chia Oil fits seamlessly into everyday cooking routines. Its slightly nutty flavour works especially well when blended with olive oil, making it ideal for homemade salad dressings. Other suggested uses include: adding to smoothies for a boost of healthy fats, roasting vegetables, sautÃ©ing and baking.

Benexia, the parent company behind Seeds of Wellness, is a field-to-shelf chia ingredients specialist that is vertically integrated from chia agricultural production to final ingredient solutions and distribution. The company is committed to advancing human and planet health by being hyper-focused on this small, but mighty seed.