

# Flax Seeds and Its Health Benefits for Human Health: Short Communication

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Flax is a food and fiber crop with golden yellow to reddish brown seeds. These seeds contain phytoestrogens, which are similar to the hormone estrogen. The seeds also contain soluble fiber and oil. Flaxseed oil contains the essential omega-3 fatty acid alpha-linolenic acid (ALA). Flaxseed is used for diabetes, high cholesterol, high blood pressure, obesity, breast pain (mastalgia), and swelling (inflammation) of the kidneys in people with lupus and also many other conditions.

Among all the reliable methods of weight loss, flaxseeds are one of the most effective foods that help in weight loss. Flax seeds are enriched with fiber, Omega 3 fatty acids and anti-oxidants, hence aids in weight loss.

## EFFECT OF FLAX SEEDS IN WEIGHT LOSS

### *Dietary Fiber*

Flaxseeds are a great source of dietary fiber. It contains both soluble and insoluble fiber. The soluble fiber encounters the digestive juices and water, slows down the food absorption and makes you feel fuller for a longer time. The insoluble fiber helps in promoting the good gut bacteria which aids digestive health and increases your metabolic rate.

### *Essential Fatty Acids*

Flaxseeds are loaded with two essential fatty acids, omega-3 and omega-6. These essential fatty acids are converted to phospholipids, an integral part of the cell membrane structure. Once the omega-3 and omega-6-fatty acids are ingested, they get converted to prostaglandin, which balances the metabolism. Prostaglandins derived from omega-3 fatty acids help in reducing inflammation.

### *Proteins*

Flaxseeds are rich in proteins. Consumption of a teaspoon of flaxseeds which are comprised of dietary fiber and protein, can suppress your appetite. This

prevents you from overeating, thereby helping you in losing weight.

### *Low Carb*

Flaxseeds are low in starch and sugar hence they are not high on calories. Eating them regularly is good for health and helps in losing weight.

### *Antioxidants*

Antioxidants, which are also called lignans are abundant in flaxseeds. Though they don't directly aid to weight loss, they enhance the cell functioning as your body burns fat. Lignans also provide nutritional support and protect against free radicals.

## WAYS TO CONSUME FLAX SEEDS

- Sprinkle few flax seeds while having any kind of cold/hot cereal meals.
  - Adding them to smoothies.
  - Using flaxseed oil to make omega-3-packed vinaigrette for any salad.
  - Using as dressing of tuna, chicken or egg salad.
  - Garnishing soups with a tablespoon of ground flax seed will give a slight nutty flavor and delicious crunch.
  - Stir some ground flax seeds into a hearty casserole, chili or stew.
  - Flax seeds powder can be added to the batter of muffins, breads, cookies, and cakes.
- Including flaxseed in the diet may help improve bowel regularity and blood sugar control. It might also have other healthful effects. However, flaxseed contains anti-nutrients that could have adverse effects in people who have certain health conditions or are taking medication. People who are safe to take flaxseed might be better soaking or sprouting it to ensure that it does not interfere with mineral absorption.

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