

Featuring Salba Smart on *An Island Review*,
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NEWS FEED COMMENTS

An Island Review



Salba - Nature's most perfect whole food.

July 29, 2009 by Mariana

5 Comments

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Have you heard about Salba? Don't worry. I had never heard of it either until I was given the opportunity to try several **Salba Smart** products. It's a whole grain that's touted to be nature's perfect whole food.



So what is it exactly?

Grown exclusively in Peru, Salba is:

- The trademarked name for the white seeds produced by a variety of *Salvia Hispanica*.
- All-natural.
- Higher in Omega-3 than flax and salmon.
- Higher in anti-oxidants than blueberries and pomegranates.
- High in dietary fiber.
- Free of trans-fats and gluten, and has almost no carbs.
- Great for cardiovascular health.
- Good for controlling Diabetes.

Just so you can visualize the nutritional aspects of Salba, ounce for ounce it provides three times more iron than spinach, 15 times more magnesium than broccoli, and six times more calcium than milk. Isn't that incredible? It's actually the only food that is part of each of the six groups of the USDA Food Pyramid.

Whole grain Salba and ground Salba are sold in small packages and can be added to everyday foods such as cereal, pancake mix, and smoothies. Basically it increases the nutritional value of meals and recipes without changing the flavor of the food.

I've been using the whole grain Salba wherever I can sneak it in these past two weeks, mostly in breakfast. It's the most important meal of the day, after all. The true test was whether my girls could tell that I added something to their breakfast! Salba passed the test with flying colors. My toddler eats everything, so I know that she wouldn't mind, but my 4-year old is very picky. Because Salba doesn't really have much flavor to it, she didn't notice a difference in her morning oatmeal or buttermilk pancakes, even though I added a generous amount of grain. This is what sold me on Salba!

As for myself, my favorite way to use the whole grain Salba is sprinkled over a salad. It gives it a nice crunch, and knowing I'm making a somewhat healthy meal even more nutritious is quite satisfying! I'm also looking forward to using it in muffins, but 90 degree days aren't really favorable for baking. I've read that Salba develops a nutty flavor when baked, however.

We also sampled a variety of other Salba Smart products, including organic blue corn and yellow corn tortilla chips, organic salsa, pretzels made with organic flour, and the new Baked Potato Crisps.



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So what do I think? I prefer the flavor of the blue corn chips over the yellow, but they're both good. The chips are very filling and hold up well to dipping. The salsa I wasn't a big fan of. Perhaps it's because I generally prefer hot salsas (the spicier the better!) and very rarely buy it pre-made, but I found it to be very bland. And the pretzels... oh. Those were gone within minutes of me opening the bag! My girls loved them.

But my *absolute* favorite Salba Smart products have to be the new Baked Potato Crisps. In Original, Bold Barbeque, and Sour Cream & Onion, they're similar to Baked Lays, but with a nicer texture and much more flavor. Each variety is all-natural, containing just 2 grams of fat, and boasting a whopping 300 mg of omega-3 fatty acids per serving. Plus, these new chips are kosher, wheat free, gluten free, and contain zero grams of trans fat. Only problem is that they're not available until Fall! So I have to make my 3 bags last.



For those of you looking for snacks to put in your kids' school lunches, look no further. Salba Smart's Baked Potato Crisps will be available in 9oz snack-size bags! Salba Smart also offers 100-calorie Bite Size Organic Tortilla Chips, whole wheat tortillas, and pretzels.

I've always struggled with how to get my kids to eat more foods rich in Omega-3. Now I have the solution. I'm happy to say that Salba - and Salba Smart products - will be part of our diet from now on!

Salba Smart can be found at Whole Foods Market, Hy-Vee, Central Markets, United Supermarkets, Vitamin Cottage, Wegman's and other natural foods stores. It can also be ordered online at www.foodypantry.com or www.amazon.com. The bags of whole grain and ground Salba are a little pricey, but the other Salba Smart products don't cost much more than their less-nutritious counterparts.

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