

Featuring Salba Smart on *Sisterhood of the Shrinking Jeans* on January 12, 2010
Online Impressions: 4,100

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The Saturday Review::Salba Smart *Updated*



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Have you ever heard of Salba? I know that I hadn't until a few weeks ago. Salba is an amazing little grain, when added to your everyday foods, can boost your intake of Omega-3s and so many more vitamins and minerals. I'll just give you some information straight from their site!

[Salba](#)® is the richest whole food source of Omega 3 fatty acids and fiber found in nature. Every serving of Salba® provides over 2,400 mg of Omega 3s and over 4,500 mg of dietary fiber. Salba® has less than 0.5 net carbohydrates per serving. Gram for gram, Salba® has six times more calcium than whole milk, three times more iron than spinach and fifteen times more magnesium than broccoli. It is all-natural, has no trans-fat, is gluten free, has almost no carbohydrates and is certified Non-GMO (genetically modified organism).

Based on the nutritional value of Salba, Melissa and I were excited to receive gift packs of [Salba](#) products to try out. The packs included Salba Salsa, Salba Tortilla Chips, Salba Whole Seed, and Salba Ground Seed.

Both Melissa and I loved the [Salba chips](#). They came in 100 calorie bags and were perfect for grabbing and snacking on the go. The blue Salba chips were excellent as well, and everyone in my family LOVED the salsa. I used it to make spanish rice, and it turned out great. The nice thing about the whole seed and ground Salba, is you can incorporate it into your cooking to really boost the nutritional value. Since Salba has a nice nutty flavor, I topped my yogurt with the whole seeds, sprinkled them in oatmeal, and even mixed them in with some stir fry green beans one night! VERY YUMMY! The ground Salba is easy to add to baked items, such as cookies (which I did at Christmas!) and casseroles. Salba also comes in oil form, and you can use it in place of olive for for cooking and sauteing.

WIN IT!

Two lucky readers will win a gift pack from Salba! Here's how to enter:

1. Tell us how you make everyday recipes a little healthier.
2. [Join the hood](#) and friend someone! If you're already a member of the hood, then friend 2 people!
3. [Follow](#) the Sisterhood on twitter and tweet about this giveaway!

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Giveaway will end on Wednesday, January 13th at midnight pacific time. Winners will be announced, on this post, the following day. At the time of publication, we're not sure if this is available for international shipping. We will update this post as soon as we here back from the company!

The Sisterhood of the Shrinking Jeans received Salba products to try out and review. We did not receive monetary considerations for our post, and our opinions are our own.

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