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Salba making a name for health foods

Consider adding this omega-3 and fiber food to your daily diet

BY MARY ANN GASSMAN TH FOOD COLUMNIST

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Have you heard about the latest discovery in super foods?

It is the oldest grain you've probably never heard of. I hadn't. It's not flax, and it's not chia -- it's salba.

Information I received from The Fresh Ideas Group claims it could be the key to better health.

You might want to introduce it to your diet in 2009 after you hear about this powerhouse.

According to the news release, salba was eaten by the Aztecs for health and endurance and is already extremely popular in Canada.

It is the richest food source of omega-3 fatty acids and fiber found in nature.

And, if you're afraid it's going to taste icky, no worries. It is very neutral tasting and easy to add to everyday foods.

The benefits of omega-3s are well documented and known to help prevent cardiovascular disease and maintain good health. However, many people don't find it easy to add foods, such as salmon, legumes and walnuts, which are high in those omega-3s, to their diet.

Enter salba.

The benefits of this grain are unbelievable. Get this: salba provides more than 2,700 milligrams of omega 3s, and more than 4,000 milligrams of dietary fiber for every 12-gram serving.

And, it's high in antioxidants, protein, calcium and iron.

Really high.

Gram for gram, it has six times more calcium than whole milk, three times more iron than spinach and 15 times more magnesium than broccoli.

And, the best thing is, it's easy to add to the foods you already eat. Just sprinkle a tablespoon or two on your cereal in the morning, or your salad at lunch or dinner. Throw some in soups and stews, pancakes, smoothies. It can be used in cooking and baking.

Earlier this year, Salba Smart Natural Products began appearing on supermarket shelves. Salba grain was introduced to help make omega-3s a regular part of everyday nutrition. It is nature's perfect whole food.

Another great thing about Salba is that, because it expands in water and is high in fiber, it has great weight-loss potential. As little as 1 tablespoon of salba whole grain with any meal makes you feel full and helps reduce snack cravings. It also is a great boon to vegans who fight to get



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enough omega-3 and protein in their diet.

Oh, and the good news doesn't end there. Eating salba regularly also has a big impact on people with Type 2 diabetes.

In the November 2007 issue of "Diabetes Care" (Volume 30, No. 11) it states that salba has been investigated at the Risk Factor Modification Center at St. Michael's Hospital, University of Toronto, Canada, by Dr. Vladimir Vuksan, professor of the Department of Nutritional Science and Medicine.

Double-blind, placebo controlled, randomized acute and long-term clinical trials indicated there is great health potential in salba as a functional food to be used in the prevention and treatment of cardiovascular disease.

It was found to be effective with respect to reduction of inflammation and coagulation factors. If all this doesn't convince you to try this miracle grain, I give up.

Recipes for salba can be found at www.salbasmart.com. Salba can be found at natural foods stores and can be ordered at www.amazon.com.

It also is available at Breitbach's Farmers Market Food Store and the Hy-Vee stores in Dubuque.

So, why not make incorporating salba into your diet one of your New Year's resolutions? One you will keep.

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