

# Fresh ink

**HOT OFF THE PRESS!**

Featuring Salba Smart in the November 4,  
2009 *Vital Juice Daily E-Blast*  
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November 4, 2009

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## Top Topper

There's a crunchy new way to get your dose of omega-3s, fiber and antioxidants.

Fed up with flaxseed? Can't stomach fish oil?

Now, you can get your hearty-healthy, brain-boosting omega-3 fix in a brand new way. **Salba** is a specific strain of white chia seed that boasts **30% more antioxidants than blueberries**, **6x more calcium than milk** and **8x more omega-3s than salmon**, gram for gram. And studies suggest that the super seed **may lower heart disease risk** in people with diabetes.

Unlike flaxseed, Salba doesn't need to be ground and can be cooked, so it's much more versatile, says Ashley Koff, RD. **Toss it in baked goods, salads, cereal or sauces.** One tablespoon contains 65 calories, 4.1 g of fiber and 2,740 mg of omega-3 fatty acids. Depending on your diet, Koff recommends one or two tablespoons per day.

We tried **whole Salba seeds** (\$16.72) in our morning bowl of oatmeal and fruit. Besides the crunch, it didn't really have much flavor, so it's easy to add to most dishes.

Ready to bite? Buy it [here](#).

Watching your wallet? Experts say you'll likely reap similar benefits by eating less expensive **organic white chia seeds** (about \$9).

Take a spoonful and call us in the morning.

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