



## 8 Reasons to Cook with Salba®

**1) Salba is a supergrain: a versatile whole food that can be used to boost the nutrition of everyday foods**  
Whole and ground Salba grain is rich in Omega-3s, vitamins, minerals, antioxidants and fiber. It has a mild, pleasant taste, and can be sprinkled into a wide variety of foods for an 'invisible' nutritional boost. Simply add Salba grain to everyday foods such as smoothies, oatmeal, baked goods, spaghetti sauce, salads and more. For ideas on how to use Salba, visit [www.salbasmart.com](http://www.salbasmart.com).

**2) Keep the pantry stocked with snacks that are rich in Omega-3s**  
Salba Smart® snacks such as pretzels, salsa, tortilla chips and potato crisps make it easy for the whole family to get the Omega-3s they need, even when they're on the go. Vital to overall health, Omega-3 deficiency is linked to a wide range of health problems. Gram for gram Salba has 800% more Omega-3s than salmon!

**3) Provides minerals for heart and bone health**  
Magnesium and potassium are critical for heart health. Gram for gram, one serving of Salba contains 15 times more magnesium than broccoli, and twice the potassium found in bananas. Plus it's rich in calcium, iron and zinc, and has five times more heart-healthy folate than spinach.

**4) Controls blood sugar levels**  
Researchers at the University of Toronto have found that Salba is a great weapon in the fight against diabetes and elevated blood sugar levels. Thanks to its fiber content, on average, each gram of Salba reduces blood sugar levels by 2% – twice the effect of flaxseed!

**5) A great source of fiber**  
Fiber absorbs impurities and water, gets rid of poisons, and cleanses the bowel. Salba is a rich source of insoluble fiber, with 4.1g of dietary fiber in a 12g serving.

**6) Ideal for celiacs/gluten intolerance**  
Sufferers of celiac disease, triggered by gluten found in wheat, rye and barley, can once again enjoy their favorite foods. Tortilla chips, potato crisps and salsas made with Salba are gluten-free. Recipes, such as delicious Gluten-free Pumpkin/Banana Bread can be found at [www.salbasmart.com/recipes](http://www.salbasmart.com/recipes).

**7) A superfood for allergy sufferers**  
Allergies to common foods like milk, eggs, peanuts and soy are estimated to affect more than 11 million Americans, and yet more suffer from food intolerances that can cause cramps, gas and bloating. In addition to being gluten-free, nutrient-packed Salba is an ideal choice for allergy sufferers.

**8) Powerful antioxidants for immunity**  
Salba is packed with health and immune boosting antioxidants that protect the body from free radical damage – higher than oranges, pomegranates and blueberries. For children and adults who don't eat the USDA's recommended number of fruit and vegetable servings each day, adding Salba to their diet is an easy way to help them get the antioxidants they need to help boost immunity and overall health.



### Power up with Salba!

Salba is a supergrain from the seeds of *Salvia hispanica L* (registered varieties Sahi Alba 911 & 912). Used by the Aztecs for endurance, today this powerful whole food is used to fortify everything from pretzels and salsa, to bread and baby food. To learn more about increasing the nutritional value of food with Salba, visit <http://www.salbasmart.com/movie.html>. For Salba Smart® samples and editorial questions please contact Claire Tindall at:  
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For more information visit [www.salbasmart.com](http://www.salbasmart.com)

