



8 Healthy Reasons to Boost Kids' Nutrition with Salba

1) Nature's richest whole food source of Omega-3s

According to a Purdue University study, children whose diets are low in Omega-3 essential fatty acids are significantly more likely to be hyperactive, have learning disorders, and to display behavioral problems. Dyslexia, depression, eczema, weight gain and diabetes have also been linked to Omega-3 deficiencies. Gram for gram Salba has 800 percent more brain-boosting Omega-3s than salmon!

2) Includes calcium for strong bones

Kids need calcium for strong teeth, but did you know that children — particularly those aged 8 to 16 — need it to build strong bones? Salba and Salba products can help to replenish mineral reserves depleted by acidic foods like hot dogs and candy: Salba has 92.4 mg of calcium and 45.6 mg of magnesium per 12 g serving. It is also rich in B vitamins, copper, molybdenum and zinc.

3) Controls blood sugar levels

Researchers at the University of Toronto 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 two percent — twice the effect of flaxseed!

4) Keeps tummies regular with daily 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. Insoluble fiber helps to control and balance the pH (acidity) in the intestines. Plus it helps keep tummies full, for longer.

5) Ideal for celiacs/gluten intolerance

Children with celiac disease, triggered by gluten found in wheat, rye and barley, can once again enjoy their favorite foods. Healthy snacks including gluten-free tortilla chips, potato crisps and salsas made with Salba, are available at www.salbasmart.com.

6) Provides powerful antioxidants for immunity

Salba is packed with health and immune boosting antioxidants — higher than oranges, pomegranates and blueberries. For children 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.

7) It's a superfood for babies and toddlers

HappyTot (www.happybabyfood.com) is the first and only baby food fortified with the supergrain Salba. Packed with omega-3 fatty acids, antioxidants, and minerals, these healthy organic meals or snacks for toddlers and young children come in easy-to-handle, BPA-free pouches with easy-pour spouts that are perfect for parents on the go.

8) Salba makes it easy to sneak good nutrition into meals

Salba is rich in calcium, magnesium, potassium, iron and zinc, and has five times more heart-healthy folate than spinach. Try these 'invisible' nutritional boosts: simply add Salba grain to everyday foods such as smoothies, oatmeal, baked goods, and spaghetti sauce, or serve snacks made with Salba such as pretzels, salsa, tortilla chips and potato crisps.



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:

The Fresh Ideas Group: 303-449-2108 x 24.

For more information visit www.salbasmart.com

