


What is the best way to eat linseed?



Like all seeds, linseeds are very nutritious with a high content of essential fats and a rich content of minerals such as magnesium and iron which help to energise the body.

But they are unusual in containing a high amount of omega-3 polyunsaturates (as opposed to the more usual omega-6) which have anti-inflammatory and anti-clotting properties. Linseeds are also a fantastic source of soluble fibre which delivers a gentle laxative action.

The way you have been taking your seeds - uncrushed - will have allowed you to benefit partially from their fibre content, but you will have been absorbing little of the beneficial omega-3s or phytochemicals called lignans which may have antioxidant actions and may help protect against certain cancers. To improve the benefit you get from the healthy oil content you'll will need to crush them.

What about linseed oil, you ask? It also contains omegas and lignans, but no fibre, so we'd go for the ground linseed.