



TINY BUT MIGHTY

Who knew teeny flaxseed could load you up with so many powerful nutrients? Just a sprinkle a day keeps you feelin'—and lookin'—good.

As a terrific plant-based source of omega-3s, flaxseed is a rich source of alpha-linolenic acid (ALA), which **helps protect against heart disease and possibly stroke**. It also contains the antioxidant-rich plant compound lignan, which **can help cut cancer risk**.

Containing both **soluble and insoluble fiber**, flaxseed feeds beneficial gastrointestinal bacteria and slows digestion, thus promoting regularity, preventing constipation and lessening irritable bowel syndrome issues.

Thanks to its anti-inflammatory properties, flaxseed **may reduce skin irritation, rashes and redness**. Plus, the omega-3s keep skin moisturized, which **decreases the appearance of wrinkles**.

Goodbye, dry skin!

1 Tbsp. ground flaxseed =

2g omega-3s,
2g fiber and
2g protein

Go ground!

Use ground flaxseed instead of the full seed, which is difficult to digest and limits your body's ability to absorb the nutrients.

Easy options

Add ground flaxseed to cereal, smoothies, yogurt, soups, salads and baked goods.

FLAXSEED EGG REPLACEMENT

Out of eggs? Going vegan? You can substitute this mixture 1-to-1 for eggs in baked goods. Whisk 1 Tbsp. ground flaxseed with 3 Tbsp. water; refrigerate until thickened, 10-15 minutes. The mixture will be similar in texture to a raw egg.