

# CHIA SEED OIL



Food4Change Organic Chia Oil is produced using chia seeds sourced from certified organic farms in South America that have been hand-selected through our supply chain. Our chia oil is cold-pressed using a proprietary method that allows us to produce the best tasting oil possible and protect the important omega-3 ALA fatty acids. After cold-pressing the chia seed, our oil is then filtered to ensure the best clarity possible.

## Quick Facts:

- High in omega-3 essential fatty acids; chia seed has one of the highest concentrations of omega-3 ALA in plant based products
- Adding chia oil as an ingredient provides a huge boost to omega-3, meaning only a small amount is needed for omega-3 source claims
- As of 2016, FDA rules state that omega-3 content claims can only be made for products with omega-3 ALA, and can no longer be made for products containing omega-3 DHA and EPA from products such as fish oil
- Non-GMO, gluten and allergen Free
- Light nutty taste
- Supplement quality product ideal for encapsulation

## Nutrition Facts

Serving Size 1 tbsp (15mL)

Amount Per Serving

**Calories** **120**

% Daily Value\*

**Total Fat** 13.5g **21%**

Saturated Fat 1.5g **8%**

Polyunsaturated Fat 10.5g

Monounsaturated Fat 1.5g

**Cholesterol** 0mg

**Sodium** 0mg **0%**

**Carbohydrate** 0g **0%**

**Protein** 0g **0%**

Not a significant source of fibre, sugars, vitamin A, vitamin C, calcium or iron.

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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