

HEMP HEARTS

Our hemp seed is sourced from both conventional and organic growers across Canada where hemp production has been allowed since 1998. All of our hempseed products are manufactured from varieties of Cannabis Sativa that do not contain significant amounts of THC, the psychoactive element present in the cannabis plant. We de-hull the seeds leaving only the hearts, cleaned to exceed industry standards for a highly desirable, minimally processed finished product.

Quick Facts:

- Contains twenty amino acids, including all nine essential amino acids that your body is unable to produce on its own
- Free from gluten, cholesterol, sodium and allergens
- Blend into smoothies, dairy-free milk beverages, and juices
- Very high in phosphorus and vitamin E
- High in polyunsaturated essential fatty acids, with an ideal ratio of omega-3 and omega-6
- Use as a garnish on salads, prepared food, etc.
- Add as a baking ingredient to bread, muffins, granola or cookies



Nutrition Facts

Serving Size 1 tbsp (15mL)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 14g **70%**

Total Carbohydrate 0g **0%**

Protein 0g **0%**

Not a significant source of trans fat, cholesterol, sodium, 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.



FOOD4CHANGE 

100-8151 Churchill Street East
Delta, British Columbia
V4K 0C2 | Canada

829 48th St E
Saskatoon, Saskatchewan
S7K 0X5 | Canada

1-800-655-1834
sales@food4change.com
food4change.com