

# Is it good or safe to drink chia seeds every day?

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Chia seeds have become a staple in many diets. These tiny seeds have become incredibly popular in recent years because they are the most nutritious superfood you can find. Plus, they're versatile enough to be added to just about anything you're cooking in your kitchen: granola, smoothies, puddings, salad dressings, muffins, and even drinks. But is it okay to eat chia seeds every day? Here's what nutritionists and gastroenterologists have to say about chia seeds' safety.

## What are chia seeds?

Chia seeds come from the chia plant, which is native to Australia and parts of Latin and South America. People have been eating chia seeds for thousands of years.

Chia seeds are known for their ability to absorb liquid and expand to 10 to 12 times their original size. This is because they are high in soluble fiber, which attracts and holds water. This is also how chia seeds can thicken plant milk or dairy products and turn them into a creamy pudding.

The fiber in chia seeds is also why they've become popular, especially on TikTok and Instagram, as a way to relieve bloating and constipation, and may even help with weight control.



## **What are the health benefits of chia seeds?**

Chia seeds are packed with important nutrients. Each has its own health benefits:

1. Fiber: prevents constipation, balances intestinal health
2. Protein: Abundant sources of protein from food
3. Omega-3 Fatty Acids: Reduce inflammation in the body
4. Calcium: Increases bone health and muscle function
5. Iron: Ensures proper functioning of the immune system, blood cells and energy
6. Antioxidant: Reduces inflammation and cell damage

## **Is it safe to eat chia seeds every day?**

The answer is Yes. But note: You must drink plenty of water when eating them.

In general, fiber is good for you, but if you eat too much fiber, it can actually cause some side effects, like gas and bloating. Too much fiber and not enough fluids can actually make constipation worse.

The soluble fiber in chia seeds draws water from the digestive tract and the seeds expand in the stomach, so you have to compensate for that by drinking more water.

You can eat chia seeds every day, but you should not use more than a tablespoon when soaked because they contain a lot of fiber. If you eat chia seeds without soaking, you should only use about a teaspoon.

Some health conditions, including irritable bowel syndrome, can also be aggravated by chia seeds. Chia seeds can also cause problems for people who have difficulty swallowing, as they can expand in the esophagus. However, all of these problems usually occur when you don't drink enough water.



### **How to process chia seeds into delicious dishes**

If you want to use chia seeds beyond puddings and smoothies, here are some suggestions:

1. **Energy bars or granola bars** : Just add about a teaspoon to your favorite recipe to boost your fiber, protein, and healthy fats.

2. **Bread:** Toast chia seeds into bread, which you can slice and use in sandwiches or on avocado toast for breakfast.
3. **Chia seed flour:** If you have a powerful enough blender, you can grind the seeds and use the resulting flour to make a variety of baked goods, such as flatbread or banana bread."
4. **Crunchy Topping:** Sprinkle "raw" chia seeds on salads, yogurt, or pretty much anything you want to add a little spice to.

In short, **eating or drinking chia seeds every day is good for your health, but remember, you have to drink a little more water.**

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