

**Sunflower & other seeds... : proteins punch / designed and produced by
Compass Group UK and Ireland's Design Centre.**

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Compass Group. UK and Ireland.

Publication/Creation

[Place of publication not identified] : Compass Group UK, 2005.

Persistent URL

<https://wellcomecollection.org/works/rgdm6mmv>

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BALANCED CHOICES

superfoods Sunflower & other seeds... proteins punch

All seeds are nutritional powerhouses. They are rich in minerals as well as calories due to the high polyunsaturated fat content. Pumpkin, sesame and sunflower seeds are also high in protein making them a useful addition to a vegetarian diet.

Seeds contain minerals including iron, needed for healthy red blood cells, zinc (especially pumpkin seeds), required for growth and a strong immune system, and magnesium for the release of energy from foods and strong bones.

Pumpkin seeds contain omega 6 and omega 3 fats, both of which have been found to have anti-inflammatory properties and can help maintain a healthy heart when eaten as part of a balanced, low fat diet.

Sesame seeds are high in calcium required for strong bones and teeth, while sunflower seeds are also an important source of vitamin E. Vitamin E is an important antioxidant vitamin linked with the possible reduced risk of heart disease.

Pumpkin seeds are a source of zinc, important for good urinary health.

Tips

- Seeds are quite light and a little can go a long way and still be nutritious. Try sprinkling them onto salads, in cereals and in rice dishes.
- Bags of sunflower or other seeds make an alternative snack to crisps or chocolate and are ideal for lunch boxes.
- Choose breads that contain seeds, such as pumpkin and sunflower seeds, as an easy way to include them in the diet or add them to dough when making your own bread.
- Use sesame seeds in Chinese and other oriental cooking to give flavour, texture and nutrients.
- Lightly toasting seeds will help bring out the flavour.



