

Trailmix Tidbits - Ground Flax

Talk about an easy, healthy addition to not only trailmix but smoothies, oatmeal, and even on top of yogurt! Ground flax is full of nutrients that are brain, heart and skin healthy. LOVE those omega fats!

Ground Flax (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
150	8	8	12	1	2.1



Did You Know? Ground Flaxseeds....

- 1 tablespoon equates to 1.9g of fibre (8% of daily values based on 2000 calorie diet)
- Are high in fibre
- Are high in omega-3 essential fatty acids and they have heart-healthy effects
- Are supported by research. Flaxseed has suggestive protective effects against certain cancers.
- Can help support healthy skin and hair
- Are high in antioxidants