

VICE SQUAD

Chia cereal is healthy, quick and nutritious



DOUG COOK

Product: Ruth's Chia Goodness Apple Almond Cinnamon cereal

Manufacturer: Ruth's Hemp Foods
ruthshempfoods.com

The position: a new concept in breakfast cereal

Ingredients: Chia, buckwheat, shelled hemp seeds, apples, raisins, almonds, organic cane sugar, cinnamon, sea salt

Nutritional breakdown: 140 calories per 30mL, 14 g carb (3 g sugar, 5 g fibre); 8 fat

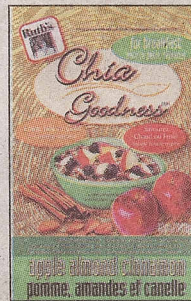
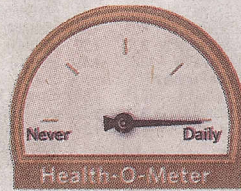
(6 g polyunsaturated, 4 g omega-3, 1 g saturated); 6 g protein

Analysis: Ruth's Hemp Foods is a line of foods that are based primarily on hemp but include other nutritious ingredients like flax, maca, chia and dried fruit.

Chia is an ancient grain originally grown in Mexico and Central and South America. It was revered by the ancient Aztecs for stamina and well-being.

Chia Goodness is Ruth's relatively new cereal and has chia seeds as its foundation. This cereal is both raw and instant.

Because chia is water soluble, it will ab-



sorb any liquid that is added to it whether that liquid is water, almond, rice or hemp beverage or milk. The cereal will thicken up without the need for cooking.

Chia Goodness can be eaten on its own or added to other foods such as yogurt, fresh or frozen fruit, apple sauce or cottage cheese.

It's also a great source of protein, fibre and heart healthy fats such as mono-unsaturated fats and the plant-based omega-3 alpha-linoleic acid and it's gluten free.

Chia comes in three flavours including original and Cranberry Ginger.

Alternative: Mix your own or add the individual ingredients to other foods,

Take it or leave it: This is a quick and nutritious cereal – a keeper for sure

Doug Cook is a dietitian at St Michael's Hospital and co-author of Nutrition For Canadians For Dummies.