



nutiva[®]
NURTURE VITALITY™

chia seed

**ORGANIC
SUPERFOOD**

GROUND

5g Fiber
3g Protein
2.5g Omega-3
per serving



GLUTEN FREE

12 OZ (340g) ©

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The people of the ancient Aztec and Mayan empires revered chia seeds as vital nourishment. These mighty seeds packed with omega 3s, protein, antioxidants and fiber are making a comeback in the 21st century. Ground chia seeds are finely milled and provide a smoother texture for blending into smoothies and oatmeal, or for baking.

Nutrition Facts
Serving Size: 1 Tbsp (12g)
Servings Per Container: About 28

Amount Per Serving		% Daily Value*	
Calories	60	Calories from Fat	25
Total Fat	3g	5%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Potassium	60mg	2%	
Total Carbohydrate	5g	2%	
Dietary Fiber	5g	20%	
Sugars	0g		
Protein	3g	6%	
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
Magnesium	10%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium	Less than	3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

**Vegan
Non-GMO**

QUICK TIP
Soak 2 Tbsp of ground seeds for 5-10 minutes in 6 oz of water to produce a nutritious gel that can be added to hundreds of recipes.

STORAGE
Refrigerate after opening. Keeps for two years.

MANUFACTURED FOR
Nutiva®
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www.nutiva.com

CERTIFIED ORGANIC
by QAI (US-ORG-050)

INGREDIENTS: RAW ORGANIC CHIA SEEDS

RECIPES

Chia Berry Smoothie
1 cup almond or coconut milk
2 tsp. Nutiva Organic Ground Chia
1 tsp. maple syrup
1 cup berries
1 tbsp. almond butter
Blend all ingredients and enjoy.

Chia Fruit Topping
1 cup berries
2 tsp. Nutiva Organic Ground Chia
1 tsp. maple syrup
1/4 cup water
Blend and enjoy on ice cream, yogurt, waffles or pancakes.

Also try our organic Hemp Oil, Seeds and Protein, Coconut and Red Palm Oils, and Coconut Manna™. For delicious recipes, visit Nutiva.com.



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