



The Facts on Flax

What is Flax?

Flax seeds produce an oil known as linseed oil or flax-seed oil. Flax has a tasty nutty butter flavor. Ground flax seed is often sprinkled on oatmeal or yogurt and added to baked goods such as muffins or breads. Flax oil can be eaten on salads or in capsules as a supplement.



What is in Flax?

- Alpha linoleic acid (ALA) which may not be a good source of omega-3 fatty acids
- Dietary fiber
- Antioxidants
- Vitamins and minerals

Flax Recommendations

- Flax may be nutritious, but benefits may not be worth the cost.
- Grind flaxseeds to get more of the nutrients into your body.
- Be wary of health claims that seem too good to be true. Many are based on unclear scientific evidence.
- 2-4 tablespoons a day of the ground seeds are usually well-tolerated
- Pregnant and nursing women should not consume flax.



Facts on Flax Quiz

1. Flaxseed and flax oil are good sources of Omega-3 fatty acids. T/F
2. Flaxseed may help constipation. T/F
3. Flaxseed will help reduce risk for chronic diseases. T/F
4. A safe dose of ground flax seed is about 1/2 cup. T/F

Storage Tips

- Keep flaxseed oil refrigerated in a non-transparent bottle.
- Store whole flaxseed for up to a year in a dry location.
- Keep ground flaxseed in a refrigerator for three months or in a freezer for six months.

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[Reviewed by Connie Crawley October 2011](#)

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