

All About Chia Seeds

Supports: Knowledge Base — Chia Seeds

Why It Matters

Chia seeds are tiny, inexpensive, and quietly impressive. A single spoonful adds fiber, plant-based protein, and omega-3 fats to almost anything, with no cooking required. They have a mild taste, so they blend into foods you already eat, and they soak up liquid to form a soft gel — which is why they thicken puddings, jams, and smoothies. If you are looking for one easy add-in that boosts the nourishment of a meal, chia is hard to beat.

What to Know

Why they are worth keeping around

- High in fiber, which helps you feel full and supports digestion.
- A source of plant protein and omega-3 fats.
- Shelf-stable and cheap — a bag lasts a long time.
- No prep needed — just stir them in.

Easy ways to use them

- Stir a spoonful into oatmeal, yogurt, or a smoothie.
- Make overnight “chia pudding”: 3 tablespoons chia to 1 cup milk, stir, chill overnight.
- Use as a quick jam: mash berries, stir in chia, let it thicken.
- Sprinkle over salads or blend into sauces for a fiber boost.

Go gradual: Because chia is high in fiber, start with a spoonful and drink water alongside it while your body adjusts.

Try This

Find one place chia fits your week.

? Which meal or snack could you add a spoonful of chia to?

? Would overnight chia pudding make a busy morning easier?