

# Health Tip of the Month

## Stay Hydrated With Ch-Ch Chia Seeds!!!

Tiny little chia seeds are high in:

- Fiber
- Protein
- Omega 3s
- Antioxidants
- Vitamins and minerals

In studies, chia seeds have shown to have health benefits such as:

- ☐ Lowering cholesterol
- ☐ Regulating heart rhythms and blood pressure
- ☐ Preventing blood clots
- ☐ Decreasing inflammation
- ☐ Lowering LDL cholesterol
- ☐ Slowing down digestion, which can prevent blood sugar spikes after eating a meal and give a feeling of fullness.

## Chia Seeds Fresca Recipe

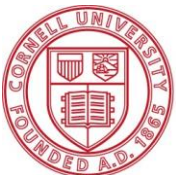
### Ingredients:

- 2 cups of cold, fresh drinking water
- 1 large lemon (or 3 tablespoons of lemon juice)
- 1 tablespoon fresh chia seeds
- ½ teaspoon of maple syrup or honey (optional)



### Instructions:

- Combine all ingredients and stir well.
- Garnish with a citrus slice, a sprig of mint, or with cucumber slices.
- Optional: add ice.



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