

| Seed Type              | Protein (g)     | Fibre (g) | Omega-3 (g) | Omega-6 (g) | Protein (g) | Fibre (g) | Omega-3 (g) | Omega-6 (g) |
|------------------------|-----------------|-----------|-------------|-------------|-------------|-----------|-------------|-------------|
|                        | Per tbsp (~10g) |           |             |             | Per 25g     |           |             |             |
| <b>Hemp Seeds</b>      | 3.7             | 0.5       | 0.3         | 2.8         | 9.2         | 1.3       | 0.75        | 7.0         |
| <b>Pumpkin Seeds</b>   | 2.5             | 0.3       | 0.02        | 1.5         | 6.3         | 0.8       | 0.05        | 3.8         |
| <b>Sunflower Seeds</b> | 2.1             | 0.8       | 0.01        | 2.7         | 5.3         | 2.0       | 0.03        | 6.8         |
| <b>Sesame Seeds</b>    | 1.6             | 1.1       | 0.003       | 2.8         | 4.0         | 2.8       | 0.008       | 7.0         |
| <b>Flaxseeds</b>       | 1.3             | 1.9       | 1.6         | 0.4         | 3.3         | 4.8       | 4.0         | 1.0         |
| <b>Chia Seeds</b>      | 1.6             | 3.8       | 1.8         | 0.6         | 4.0         | 9.5       | 4.5         | 1.5         |
| <b>Poppy Seeds</b>     | 1.5             | 1.7       | 0.003       | 2.5         | 3.8         | 4.3       | 0.008       | 6.3         |

### Key Takeaways:

- **Hemp seeds** have the highest protein content.
- **Chia and flaxseeds** are the richest in omega-3.
- **Sunflower and pumpkin seeds** have the highest omega-6 content.
- **Flax and chia seeds** provide the most fibre.

### Notes:

- **Hemp Seeds:** Per 100g, they contain approximately 36.7g protein, 4.5g fibre, 3g omega-3, and 28g omega-6.
- **Pumpkin Seeds:** Per 100g, they provide about 24.5g protein, 1.2g fibre, 0.15g omega-3, and 6g omega-6.
- **Sunflower Seeds:** Per 100g, they offer 21g protein, 8.6g fibre, 0.1g omega-3, and 27g omega-6.
- **Sesame Seeds:** Per 100g, they contain 17g protein, 11.8g fibre, 0.034g omega-3, and 21.4g omega-6.
- **Flaxseeds:** Per 100g, they have 18.3g protein, 27.3g fibre, 22.8g omega-3, and 5.9g omega-6.
- **Chia Seeds:** Per 100g, they provide 15.6g protein, 37.7g fibre, 17.6g omega-3, and 5.8g omega-6.
- **Poppy Seeds:** Per 100g, they offer 18g protein, 19.5g fibre, 0.03g omega-3, and 28g omega-6.

These values are approximate and can vary based on factors such as seed variety and processing methods. Incorporating a variety of these seeds into your diet can provide a rich source of protein, fibre, and essential fatty acids