JANICE TRACEY NUTRITION

Seeds Factsheet

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			
Hemp Seeds	3.7	0.5	0.3	2.8	9.2	1.3	0.75	7.0
Pumpkin Seeds	2.5	0.3	0.02	1.5	6.3	0.8	0.05	3.8
Sunflower Seeds	2.1	0.8	0.01	2.7	5.3	2.0	0.03	6.8
Sesame Seeds	1.6	1.1	0.003	2.8	4.0	2.8	0.008	7.0
Flaxseeds	1.3	1.9	1.6	0.4	3.3	4.8	4.0	1.0
Chia Seeds	1.6	3.8	1.8	0.6	4.0	9.5	4.5	1.5
Poppy Seeds	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