

# JUST ADD GOLDEN ROASTED FLAX!

Flax For Nutrition™ can be eaten alone as a nutritious snack or added to a variety of foods to enhance flavour and nutrition!

## JUST ADD GOLDEN ROASTED FLAX TO . . .

Salads, soups, sandwiches, fruit/ vegetables, yogurt, drinks and smoothies, hot and cold cereals, recipes (in muffins, bread, cookies, pancakes.) ice cream, salsas, fruit or vegetable dips.

The possibilities with Flax For Nutrition™ are endless, it tastes great and benefits your health!

CanMar offers *Milled Golden Roasted Flax Seed* too!



### HOW MUCH SHOULD I EAT?

A good aim is to consume 2-4 tbsp (15-30g) of Flax For Nutrition™ on its own or with everyday foods for better health.

#### NUTRITIONAL FACTS

2 tablespoons (15g) / Amount per serving

<b>ENERGY</b>	<b>402 kJ (95 kcal)</b>
<b>PROTEIN</b>	<b>3.0 g</b>
<b>TOTAL FAT</b>	<b>7.0 g</b>
<b>POLYUNSATURATED FAT</b>	<b>5.0 g</b>
<b>OMEGA-6; LINOLEIC ACID</b>	<b>1.0 g</b>
<b>OMEGA-3; LINOLENIC ACID</b>	<b>3.0 g</b>
<b>MONOUNSATURATED FAT</b>	<b>1.0 g</b>
<b>SATURATED FAT</b>	<b>0.5 g</b>
<b>TRANS FAT</b>	<b>0 g</b>
<b>CHOLESTEROL</b>	<b>0 mg</b>
<b>CARBOHYDRATE</b>	<b>5.0 g</b>
<b>DIETARY FIBRE</b>	<b>3.0 g</b>
<b>LIGNANS</b>	<b>110 mg</b>
<b>SODIUM</b>	<b>0 g</b>

#### CANMAR GRAIN PRODUCTS LTD.

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#### DISTRIBUTED BY:



[WWW.ROASTEDFLAX.COM](http://WWW.ROASTEDFLAX.COM)

# WHY FLAX FOR NUTRITION™ ?

## *It's Roasted*

Roasting enhances flavour, texture and nutrition. It also destroys pathogens commonly found on unroasted flax seed. Testing at the University of Saskatchewan confirms that our unique roasting process does not alter the omega-3 fats or lignans of the flax seed.

## *Taste*

An appetizing golden color, a nutty aroma, a crunchy texture and a great taste. Flax For Nutrition™ is a delicious way to add nutrition to your everyday foods-the possibilities are endless!

## *Nutrition*

Flax For Nutrition™ is an excellent source of omega-3 essential fats, dietary fibre and lignans. Flax contains NO trans fat.

Roasting lowers the moisture content of flax. As a result, Roasted Flax For Nutrition™ has 8-10% more omega-3s, protein, and fibre than an equal amount of unroasted flax.

## *Convenience*

Flax For Nutrition™ is ready to eat! It is easier to chew because it is roasted. Take it with you to work, school, or on vacation for a light snack or as a nutritious addition to your daily meals. Conveniently, you have the option of grinding it or not.

## *Quality*

At CanMar, our facility is designed exclusively to provide the safest and highest quality flax possible.

# FLAX FOR BETTER HEALTH

Flax has been around for more than 5,000 years as a medicinal aid for better health. Today, clinical studies show that eating only 2-4 tablespoons a day of flax can benefit your health in many ways:

**LOWERS BAD CHOLESTEROL** Eating at least 2 tablespoons of flax on a daily basis has been shown to reduce low-density lipoproteins (LDL or bad cholesterol) and aid in lowering the risk of cardiovascular disease, coronary heart disease and stroke.

**LOWERS RISK OF CANCER** Flax contains lignans, powerful antioxidants, that have been clinically shown at the University of Toronto to aid in the prevention and treatment of many types of cancer including breast and colon cancer. These antioxidants have also been associated with reducing the aging process.

**PROTECTS AGAINST DIABETES** Type 2 is the most common form of diabetes that accounts for 90% of the cases diagnosed in North America. Dietary fibre, lignans and omega-3 essential fats found in flax help to dramatically reduce diabetic complications by regulating and lowering blood glucose levels.

**BOOSTS YOUR IMMUNE SYSTEM** The powerful antioxidant: lignans, in flax, have anti-bacterial, anti-viral and anti-fungal properties that help to boost the human immune system and fight off disease.



ADD GOLDEN ROASTED FLAX FOR NUTRITION™ TO A VARIETY OF FOODS!

