

AN ANALYSIS OF HEALTH BENEFITS OF FLAX SEED

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ABSTRACT

Flaxseed is gaining popularity as a multifunctional food component owing to high levels of -linolenic acid (ALA, omega-3 fatty acid), lignans, & fibre. Flaxseed oil, fibres, & flax lignans might aid in lessening heart disease risk, atherosclerosis, diabetes, cancer, arthritis, osteoporosis, autoimmune diseases, & neurodegenerative problems. Flax protein aids in management & cure of heart disease, along with immune system support. Flax or flaxseed oil has used as a multifunctional food component in baked goods, juices, milk, pastries, dry pasta products, macaroni, & chicken products. Current review focuses on evidence of flaxseed's potential health benefits from recent human & animal research, along with commercial application in a variety of food items.

KEYWORDS: Fiber, Flax, Flaxseed, Obesity, Oil.

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