

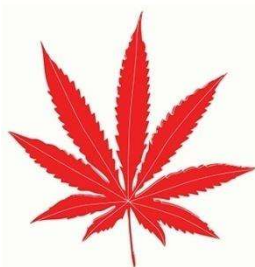


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

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Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

LINSEED; A SOURCE OF FUNCTIONAL FOOD

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Abstract

Linum usitatissimum, usually referred to as common flax or linseed, is a member of the Linaceae family. One of the most significant oilseed crops for use in food, feed, fibre, and industry is flaxseed. Nearly every component of the flaxseed plant is used commercially, either directly or after processing. The texture and flavour of flaxseed are crisp and nutty. Due to rising consumer interest in foods with more health advantages, flaxseed is becoming more significant in the global food chain as a functional food. Flaxseed has great potential as a functional food because of its excellent nutritional profile. Alpha-linolenic acid (ALA), short chain polyunsaturated fatty acids (PUFA), soluble and insoluble fibres, phytoestrogenic lignans, proteins, and a variety of antioxidants are all present in abundance in the seeds. Flaxseed is a versatile ingredient that can be found in many different food products. Due to its high nutritious content, food products with flaxseed supplements are becoming more and more popular. Whole flaxseed, ground flour, and products made from extracted oil or mucilage are examples of edible flaxseed products. It offers health advantages in addition to their conventional nutrient content. The phytoestrogen in flaxseed is the subject of attention due to its benefits for a variety of health issues and its potential to be chemo-protective in both humans and animals. This essay reviews the nutritional profile of flaxseed and discusses its health advantages for preventing disease, particularly those related to the cardiovascular system, diabetes, menopause, cancer, arthritis, and dry eyes.

Keywords: Flaxseed, Food, Oil.

Competing Interests:

The authors declare no competing interests

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Declaration

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