

## Flaxseed: A potential functional food

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Flaxseed (*Linum usitatissimum*) is one of the most important oilseed crops for industrial as well for food and feed purposes. Flaxseed enjoys a good status among the oilseed crops because of its versatile uses. Flaxseed has emerged as an attractive nutritional crop because of its exceptionally high content of alpha-linolenic acid (ALA), dietary fiber, high quality protein and phytoestrogens. Flaxseeds contain about 55 % ALA, 28-30% protein, and 35% fiber. Flaxseed has been the focus of increased interest for nutritionists and medical researchers due to the potential health benefits associated with its biologically active components- alpha-linolenic acid (ALA) and lignan, SDG- secoisolariciresinol diglycoside. Flaxseed is making its mark in the world's food supply as a functional food. Functional food can be defined as the food or food ingredients that may provide physiological benefits and helps in preventing or curing of diseases. Presently, flaxseed has new prospects as functional food because of the growing consumers' interest for food with health benefits. Owing to its extraordinary nutritional profile and potential health benefits, it has become an attractive ingredient in the diets specially designed for specific health uses. Flaxseed is the richest terrestrial source of alpha-linolenic acid (Omega 3 fatty acid). Flaxseeds provide a perfect balance of essential fatty acids, so it must be a made a part of routine diet to have maximum health benefits. Edible flaxseed products include the whole seed, ground meal and extracted oil or mucilage. These products have been proposed, or evaluated, as nutritional additives in the preparation of a number of dietary items, such as baked cereal products, ready-to-eat cereals, fiber bars, salad toppings, meat extenders, bread, muffins and spaghetti.

## Biography

Priyanka Kajla has completed her Masters in food Technology at the age of 23 years from Chaudhary Charan Singh Haryana Agricultural University, Hisar. She is pursuing PhD in Food Technology from Guru Jambheshwar University of Science and Technology, Hisar.

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