

RISE AND SHINE 16 POSES FOR ALL-DAY ENERGY

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FOOD

SEED SAVVY

Add these nutritional powerhouses to your diet for optimum wellness.

Like nuts, seeds are full of protein, healthy fats, fiber, vitamins, minerals, and antioxidants. And their size makes it easy to add them to meals. Toss into cereals and salads; add to smoothies or baked goods, or use instead of bread crumbs. Here's the scoop on five scrumptious seeds. **KAREN ASP**



1 FLAX

One tablespoon has 2.8 grams of fiber and 2.1 grams of alpha-linolenic acid (ALA), an omega-3 fatty acid found in plants. Eat them ground for better absorption.

2 SESAME

They're high in copper (for the skin and immune system), magnesium (for your heart and lungs), and calcium (to keep your bones strong).

3 CHIA

These neutral-tasting seeds are a good source of omega-3 fatty acids and are packed with protein and fiber.

4 SUNFLOWER

These mild seeds contain more vitamin E (good for the heart and skin) per serving than any other food. They're high in magnesium, too.

5 PUMPKIN

With 4.7 grams of healthy monounsaturated fats per tablespoon, these savory seeds can help lower bad (and raise good) cholesterol levels in the blood.

snacks with seeds



Bear Naked Morning Power Pack Fruit and Nut Granola with flax and sesame seeds. \$2.99; bearnaked.com



Somersault Snacks made with sunflower seeds as the main ingredient. \$3.99; somersaultsnackco.com



Crunchmaster Multi-Seed Crackers sprinkled with sesame, quinoa, and flax. \$3.79; crunchmaster.com



Kind Maple Walnut Clusters with Chia & Quinoa made with chia and whole grains. \$5.99; kindsnacks.com **K.A.**