

The Correct Way to Eat Seeds

How to Prepare and Pair 8 Common Seeds for Maximum Benefit

Eating seeds straight from the packet isn't always the best way to get their full benefit — some need to be ground, some need soaking, and some work better paired with a specific food. This guide covers 8 common seeds, colour-coded by the preparation method that unlocks the most nutrition from each, along with the ideal pairing and daily amount.

Colour Key: Preparation Method

Soak	Roast	Grind	Chew / Raw
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The 8 Seeds

Seed	Method	Best Paired With	Why It Works	Daily Amount
1. Chia Seeds	Soak	Curd or lemon water	Soaking for 15-20 minutes lets chia form its natural gel, making it easier to digest and preventing the raw seeds from absorbing moisture in your gut afterward. Curd adds protein for a more balanced snack.	1-2 tbsp/day
2. Flax Seeds	Grind	Curd, oats, or roti dough	Whole flaxseeds often pass through the body undigested because of their hard outer shell. Grinding breaks this shell open so the body can actually access the omega-3s and lignans inside.	1-2 tbsp ground/day
3. Sesame Seeds (Til)	Roast	Jaggery (til-gud) or curd	Light roasting reduces oxalates that can otherwise block calcium absorption, making the calcium in sesame more bioavailable. Til-gud is also a traditional winter combo that's easier to digest.	1-2 tsp/day
4. Pumpkin Seeds	Roast	A squeeze of lemon or citrus fruit	Dry roasting (no oil needed) improves both taste and shelf life. Pairing with vitamin C may help support better absorption of the zinc these seeds are well known for.	1 small handful (15-20g)/day
5. Sunflower Seeds	Roast	Iron-rich foods (spinach, dates)	Light roasting improves digestibility and flavour. The vitamin E in sunflower seeds works as an antioxidant alongside iron-rich foods as part of an overall balanced plate.	1 small handful/day
6. Watermelon Seeds (Magaz)	Roast	Smoothies or curd	Roasting softens the outer husk, while blending into a smoothie further breaks down the seed coat, helping release more of the protein and magnesium inside.	1-2 tbsp/day
7. Fenugreek Seeds (Methi)	Soak	Warm water (drink the soaked water) or curries	Soaking overnight reduces the natural bitterness and makes the beneficial compounds easier for the body to process, especially for their traditional use in blood sugar support.	1 tsp soaked/day
8. Fennel Seeds (Saunf)	Chew / Raw	Warm water, as a post-meal tea	Chewing releases the volatile oils in fennel right after a meal, which is when they're traditionally used to support digestion.	1 tsp after meals

General rule of thumb: Hard-shelled seeds (flax, sesame) benefit most from grinding or roasting to break down their outer coat. Mucilage-forming seeds (chia, fenugreek) benefit most from soaking. Most seeds are calorie-dense, so a small daily handful goes further than a large one occasionally.

Note: Preparation methods and pairings here reflect general nutrition principles and traditional practices. This guide is for general education, not medical or dietary prescription — consult a nutritionist for advice specific to your needs.