

Facts and Myths about Flax

- Myth: Flax tastes bad.
- Fact: Flax actually tastes very tasty. It has a chewy texture and nutty flavor.
- Flax is only for people who have difficulty with their bowels.
- Fact: Flax is helpful to keep your bowels moving regularly, improve cholesterol and help to control blood sugars levels.

Facts and Myths about Flax

- Myth: Flax will cause diarrhea.
- Fact: Flax does not cause diarrhea. Flax contains both types of fiber which helps keep your bowel movements soft yet formed and easy to pass.
- Myth: Flaxseed is different than linseed.
- Fact: Flax is also called linseed. It has been used for many thousands of years (used in making clothing and other industrial uses)

Myths and Facts about Flax

- Myth: Ground flax seed must be refrigerated or it will go bad.
- Fact: Ground flax is actually stable at room temperature for 280 days (approximately 9 months). We recommend you store ground flax in the fridge for optimum freshness
- Myth: Flax is expensive.
- Fact: Flax is very economical for everyday use. You can eat about 2 Tbsp of ground flax for less than ten cents a day.

Myths and Facts about Flax

- Myth: Flax is too high in fat.
- Fact: Flax is high in healthy fats. Specifically unsaturated fats and omega-3 fats
- Myth: Golden flax is better than brown flax.
- Fact: There is no nutritional difference between Golden and Brown Flax

Myths and Facts about Flax

- Flax oil can replace fish oil in the diet
- Fish oil and flax oil are similar. The body can use both to help reduce inflammation, and improve cardiovascular health. They are not identical, however, so you should continue to eat fish or take a fish oil supplement even though you eat flax flour daily.
- Flax oil can cause prostate cancer
- Milled flax seeds have been found to reduce the risk of prostate and some other cancers. The excessive use of flax oil may, however, increase the risk of prostate cancer.

Myths and Facts about Flax

- Golden flax seed is genetically modified
- No flax seeds available for sale in Canada are genetically modified.
- Linola is a seed similar to golden flax which has been modified to reduce the content of omega-3 oil. These seeds are not available for sale in Canada.