

# Flaxseed Storage



## *Question:*

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What is the appropriate storage of flaxseed?

## *Answer:*

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Confusion surrounds the appropriate use of flaxseed, as it can be purchased in a variety of forms: whole, ground, milled, and oil. All forms of flaxseed can have health benefits, but some forms may allow for better absorption of the healthy lignans.

When compared to whole flaxseeds, ground or milled flaxseeds can allow the body to absorb about 30% more lignans. Ground flaxseed is typically referred to flaxseed ground at home. Milled flaxseed is usually commercially processed and sold in grocery stores. Ground and milled flaxseed is capable of maintaining flavor and quality if stored at room temperatures for up to 4 months. If you choose to buy whole flax seeds and grind them yourself, you can store the whole flaxseeds at room temperature for up to 1 year or per manufacturer discretion.

Flax oil does contain alpha-linolenic acid, a healthy fat, however, it does not naturally contain lignans. Flax oil is highly perishable and should be stored in the refrigerator and should not be heated on the stovetop. Whole flaxseed and flax oil have been identified to cause gastrointestinal distress for some individuals and should be used cautiously.

Ground flaxseed can be added to your diet in a variety of ways. It can be sprinkled on cereals, casseroles, salads, and yogurt or mixed into granola or quick bread batter. For vegans or those wanting to decrease their intake of eggs in baked goods, combine 1 Tablespoon milled flax and 3 Tablespoons of water. Let this mixture sit for 1-2 minutes before substituting for 1 egg in a baking recipe.

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## *References, Websites, and Resources:*

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### References

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***The original question and answer were generously donated by Diana Dyer, MS, RD a cancer survivor, registered dietitian, organic garlic farmer, and the author of "A Dietitian's Cancer Story: Information & Inspiration for Recovery & Healing from a 3-time Cancer Survivor."***

**Question and Answer updated by Laura Brown, MS, RD, CSO, CNSC on behalf of the ON DPG**