

HEMP SEEDS 101

Manitoba Harvest Dietitian Kit

Include these tips in your local newspaper, on your blog, or in your store's newsletter or circular. Be sure to include your contact information so customers and clients can get in touch directly with you for more information!

Nutritious

Bursting with nutrition from omega-3 and omega-6 fatty acids, iron, zinc, magnesium, manganese, fiber and protein, hemp seeds stand out as a superstar of the seed world.

Versatile

Going way beyond just the yogurt bowl, hems seeds can be used in many different ways and consumed cooked or raw. They're a great addition to a variety of diets from vegetarian to those looking to increase their intake of plant-based protein.

Healthy Fat

Hemp seeds are rich in the essential fatty acids, omega-3 and omega-6, which have powerful benefits for the brain and body.

Fiber

Hemp seeds contain 3 grams of fiber, per three-tablespoon serving making them a good source of fiber in the diet.¹

Protein

Hemp seeds are the only seeds that contain all essential amino acids. One 3 tablespoon serving contains 10 grams of plant-based protein.

Plant Based

These super seeds provide a delicious, convenient source of nutrition for anyone following a plant-based diet or looking to include more plant-based foods

Gluten-Free

Manitoba Harvest Hemp Hearts are certified gluten-free and make a great addition to the diets of people with gluten sensitivity or celiac disease.

Safe for Consumption

Hemp is a species of Cannabis sativa BUT hemp is not the same as marijuana. Hemp foods contain less than 0.001% Tetrahydrocannabinol (THC) and will NOT cause a psychoactive effect or a false-positive drug test.

¹<https://www.fda.gov/food/labelingnutrition/ucm528582.htm>

