

What is Chia?

Chia is an ancient grain, grown in Mexico, Central and South America. It was cherished by the Aztecs for stamina and well-being.

Depending on where it's grown, chia can be white, black or speckled. Although marketed under various names, all are *Salvia Hispanica* L. or chia - quite possibly the most nutritious seed ever:

- Low glycemic, delivering its amazing nutrients slowly (and lowers the glycemic index of any food eaten with it)
- one of nature's best sources of dietary fiber, fabulous for regularity
- Gluten-free, lactose-free
- Helps stabilize blood sugars which may aid in controlling diabetes
- Contributes to weight loss by absorbing many times its weight in water, giving a feeling of satiety or "fullness", and so staving off hunger.
- Imparts energy and well-being throughout your day.
- Nature's best source of Omega 3 (more than flax)
- More than 5x the calcium of milk
- About 20% complete protein, containing all amino acids
- Excellent source of minerals, including phosphorus, magnesium, potassium, iron, zinc, and copper.

We have combined chia with other seeds, nuts and fruits to make an incredibly tasty and health-giving raw breakfast cereal, ChiaGoodness™.

Like all Ruth's products, ChiaGoodness™ is free of ingredients from genetically-modified crops; it contains no hydrogenated or trans fats, and no artificial flavors, colors or synthetic vitamins.

Good source of Omega 3, Fibre, Iron,
Calcium and many other minerals



What is Chia Goodness™? ChiaGoodness™ is a new concept in breakfast cereal. It is both raw and instant - just add any liquid and wait a few minutes - no cooking required. Yet it has the comfort quality of an oatmeal or tapioca. The raw ingredients make it extremely nutritious. It is lactose-free and gluten-free.

Chia Goodness™, combines the goodness of chia with other wonderfully nutritious seeds: hemp, buckwheat and Celtic Sea Salt®, plus fruits, nuts and seeds to give you the best breakfast ever.

Chia Goodness™ comes in 3 great flavors to power you up in the morning, and keep you feeling great all day long.

Preparation couldn't be simpler:

To eat it on its own, just add any liquid, hot or cold. Stir, wait 3-5 minutes, enjoy! Try mixing ChiaGoodness™ with hot or cold water, almond, hemp, or rice milk. Tastes great just like that, and even better with fresh fruit. Or use frozen ones, with boiling water to thaw them and "thicken" the Chia Goodness™.

Boost the Goodness in your Breakfast: Sprinkle Chia Goodness™ into your yogurt, oatmeal or granola. Stir and wait a few minutes before eating.

Check out the Recipe page on our website to make wonderful Chia Goodness™ pancakes!

Gluten-free • Lactose Free • Raw
Ready in Minutes • No Cooking Required



www.RuthsHempFoods.com
877-359-4508



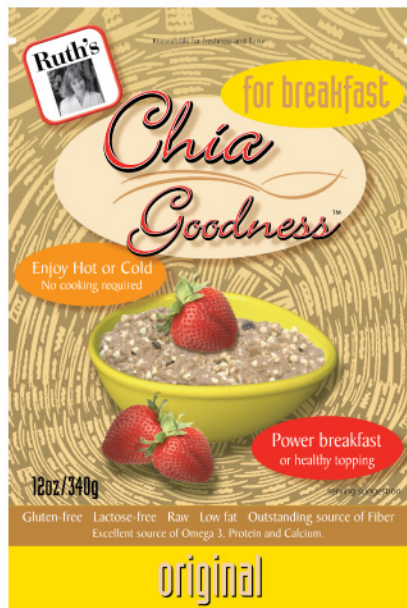
for breakfast

Chia
Goodness™



Start a super day with superfoods:
chia, hemp, buckwheat plus seeds,
nuts and fruit.

Completely raw, completely instant,
and you've never felt so good!

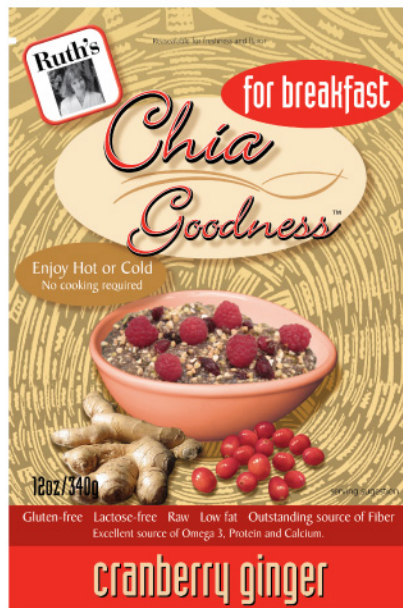


Chia (salvia hispanica L.), shelled hemp seeds, buckwheat, Celtic Sea Salt®.

Original

Nutrition Facts Valeur nutritive	
Per 2 tbsp. (30 g) / par 2c. à table (30 g)	
Amount per serving / Quantité par portion	
% Daily Value* / % valeur quotidienne*	
Calories / Calories 140	
Total Fat/Lipides 8 g	12 %
Saturated/Saturés 1 g	
+Trans 0 g	5 %
Polyunsaturated/Polyinsaturés 6 g	
Omega-6/ oméga-6 2.5 g	
Omega-3/ oméga-3 4 g	
Monounsaturated/Monoin saturés 0.7 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 125 mg	5 %
Potassium / Potassium 200 mg	%
Total Carbohydrate / Glucides 14 g	5 %
Dietary Fibre / Fibre 5 g	20 %
Sugars / Sucres 0 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	8 %
Iron / Fer	15 %
Vitamin E / Vitamine E	6 %
Thiamine / Thiamine	10 %
Riboflavin / Riboflavine	4 %
Niacin / Niacine	10 %
Phosphorus / Phosphorus	20 %
Magnesium / Magnésium	25 %
Zinc / Zinc	20 %
Selenium / Sélénium	2 %
Copper / Cuivre	20 %
Manganese / Manganèse	45 %
Molybdenum / Molybdène	80 %
* Based on 2000 Calorie Diet	
* En fonction d'un régime alimentaire de 2000 Cal.	

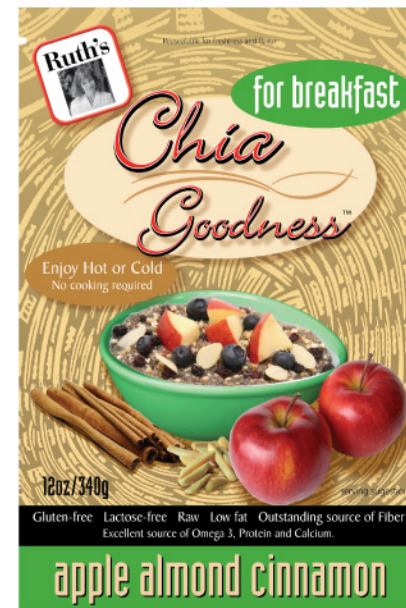
Cranberry Ginger



Chia (salvia hispanica L.), buckwheat, shelled hemp seeds, cranberries (cranberries, apple juice, sunflower oil), pumpkin seeds, currants, organic cane sugar, ginger powder, Celtic Sea Salt®.

Nutrition Facts Valeur nutritive	
Per 2tbsp. (30 g) / par 2c. à table (30 g)	
Amount per serving / Quantité par portion	
% Daily Value* / % valeur quotidienne*	
Calories / Calories 130	
Total Fat/Lipides 7 g	11 %
Saturated/Saturés 1 g	
+Trans 0 g	5 %
Polyunsaturated/Polyinsaturés 5 g	
Omega-6/ oméga-6 2 g	
Omega-3/ oméga-3 3 g	
Monounsaturated/Monoin saturés 0.8 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 120 mg	5 %
Potassium / Potassium 190mg	5 %
Total Carbohydrate / Glucides 16 g	5 %
Dietary Fibre / Fibre 4 g	16 %
Sugars / Sucres 3 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	6 %
Iron / Fer	15 %
Vitamin E / Vitamine E	6 %
Thiamine / Thiamine	8 %
Riboflavin / Riboflavine	4 %
Niacin / Niacine	8 %
Phosphorus / Phosphorus	15 %
Magnesium / Magnésium	25 %
Zinc / Zinc	15 %
Selenium / Sélénium	2 %
Copper / Cuivre	15 %
Manganese / Manganèse	35 %
Molybdenum / Molybdène	80 %
* Based on 2000 Calorie Diet	
* En fonction d'un régime alimentaire de 2000 Cal.	

Apple Almond Cinnamon



Chia (salvia hispanica L.), buckwheat, shelled hemp seeds, apples, raisins, almonds, organic cane sugar, cinnamon, Celtic Sea Salt®.

Nutrition Facts Valeur nutritive	
Per 2 tbsp. (30 g) / par 2c. à table (30 g)	
Amount per serving / Quantité par portion	
% Daily Value* / % valeur quotidienne*	
Calories / Calories 140	
Total Fat/Lipides 8 g	12 %
Saturated/Saturés 1 g	
+Trans 0 g	5 %
Polyunsaturated/Polyinsaturés 6 g	
Omega-6/ oméga-6 2.5 g	
Omega-3/ oméga-3 4 g	
Monounsaturated/Monoin saturés 0.7 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 125 mg	5 %
Potassium / Potassium 200 mg	%
Total Carbohydrate / Glucides 14 g	5 %
Dietary Fibre / Fibre 5 g	20 %
Sugars / Sucres 0 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	8 %
Iron / Fer	15 %
Vitamin E / Vitamine E	6 %
Thiamine / Thiamine	10 %
Riboflavin / Riboflavine	4 %
Niacin / Niacine	10 %
Phosphorus / Phosphorus	20 %
Magnesium / Magnésium	25 %
Zinc / Zinc	20 %
Selenium / Sélénium	2 %
Copper / Cuivre	20 %
Manganese / Manganèse	45 %
Molybdenum / Molybdène	80 %
* Based on 2000 Calorie Diet	
* En fonction d'un régime alimentaire de 2000 Cal.	