

Oilseeds

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Abstract—*In recent years, "Healthy living" has been given prime importance. It means both physical and mental health are in balance or functioning well together in a person.. This article focuses and reviews on the main types of oilseeds, their role in human health and diseases, and highlights of new developments that may provide even more benefits in the future.*

Sunflower

Sunflower (Helianthus annuus L.) seeds is one of the alternate inexpensive source, which are now gaining popularity and becoming readily available for use in bakery products. Sunflower seeds are considered as ‘healthy’ product. Sunflower seeds have a pleasant flavor and a nutty texture. Sunflower seeds add a unique mild taste and a crunch to baked goods. It is packed with healthy unsaturated fats, protein, fiber and other important nutrients like vitamin E, selenium, copper, zinc, folate, iron and phytochemicals.

Flaxseed

Flaxseed is also known as linseed and these terms are used interchangeably. Flaxseed is often used to describe flax when consumed by humans while linseed denotes when it is used specifically for industrial applications (Morris 2007). Almost all parts of linseed plant are utilized for various purposes. Seed contains oil which after refining is used for edible purpose (Singh et al. 2011a, b). The stem yields fiber of good quality possessing high strength and durability. Flaxseed is establishing importance in the world’s food chain as a functional food. Presently, flaxseed has new prospects as functional food because of consumer’s growing interest for food with superb health benefits.

Good health rests, in part, on an adequate and balanced supply of these components especially through oilseeds. Oilseeds also deliver environmental benefits, including reduce of nitrogen leaching and soil erosion, provide pollen for bees, a food source and habitat for a range of wildlife.

Keywords: *Oilseeds, Sunflower, Flaxseeds, Healthy living.*