Food trends come and go. But today, we’re still eating some things that our caveman ancestors were eating centuries ago. Seeds have been an important, quick-and-easy source of nutrition for at least 12,000 years. Cavemen needed nutritious snacks while hunting; seeds were easily available then, and still are today.

How can you incorporate them on a daily basis?

Even though many of the foods you eat already have been derived from seeds, you can still enjoy health benefits by eating seeds directly. Flax seeds, which should be ground up to release the alpha-linolenic acids they contain, can be added to almost anything. Try them on your morning cereal or evening salad. Nutrient-rich pumpkin seeds and antioxidant-packed sunflower seeds can be enjoyed as a snack on their own or mixed into meals, while cholesterol-lowering sesame seeds can be used in dips like tahini or in Asian cooking.

The cavemen were onto something when they began to use seeds as a food source. Seeds are rich in nutrients and they are a powerful weapon for fighting diseases and lowering cholesterol. A little seed can go a long way.

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