

Here are six of the healthiest seeds that you can eat:

1. **Flaxseeds:** These are a great source of fiber and omega-3 fats, which can help reduce cholesterol, blood pressure, and even the risk of cancer. A 1-ounce serving of flaxseeds contains 152 calories, 7.8 grams of fiber, and 6.5 grams of omega-3 fats¹.
2. **Chia seeds:** These are similar to flaxseeds in that they are also a good source of fiber and omega-3 fats. They can help reduce inflammation and improve heart health. A 1-ounce serving of chia seeds contains 137 calories, 10.6 grams of fiber, and 4.4 grams of protein¹.
3. **Hemp seeds:** These are a great source of protein, healthy fats, and minerals such as iron and magnesium. They can help reduce inflammation and improve heart health. A 1-ounce serving of hemp seeds contains 155 calories, 9.2 grams of protein, and 12.3 grams of healthy fats¹.
4. **Pumpkin seeds:** These are a great source of protein, healthy fats, and minerals such as magnesium and zinc. They can help improve heart health and reduce inflammation. A 1-ounce serving of pumpkin seeds contains 151 calories, 7 grams of protein, and 13 grams of healthy fats².
5. **Sunflower seeds:** These are a great source of vitamin E, healthy fats, and minerals such as magnesium and selenium. They can help improve heart health and reduce inflammation. A 1-ounce serving of sunflower seeds contains 163 calories, 5.5 grams of protein, and 14 grams of healthy fats³.
6. **Sesame seeds:** These are a great source of healthy fats, protein, and minerals such as calcium and iron. They can help improve heart health and reduce inflammation. A 1-ounce serving of sesame seeds contains 160 calories, 5 grams of protein, and 14 grams of healthy fats.

Here are some ways to incorporate these seeds into your diet:

- **Flaxseeds:** You can add ground flaxseeds to your smoothies, yogurt, or oatmeal. You can also use them as a substitute for eggs in baking recipes¹.
- **Chia seeds:** You can sprinkle chia seeds on top of your yogurt, oatmeal, or salad. You can also mix them with water to create a gel-like substance that can be used as an egg substitute in baking recipes¹.
- **Hemp seeds:** You can sprinkle hemp seeds on top of your salad or yogurt. You can also add them to your smoothies or use them as a substitute for breadcrumbs in recipes¹.
- **Pumpkin seeds:** You can roast pumpkin seeds and eat them as a snack. You can also sprinkle them on top of your salad or add them to your trail mix².
- **Sunflower seeds:** You can eat sunflower seeds as a snack or sprinkle them on top of your salad. You can also add them to your trail mix or use them as a substitute for breadcrumbs in recipes³.
- **Sesame seeds:** You can sprinkle sesame seeds on top of your salad or stir-fry. You can also use them as a coating for fish or chicken⁴.

Here are some fruits that contain edible seeds:

1. **Watermelon**: Watermelon is a juicy fruit that contains many small, edible seeds. They are a good source of fiber and minerals such as magnesium and potassium¹.
2. **Grapes**: Grapes are a sweet fruit that contain small, edible seeds. They are a good source of fiber and vitamin C¹.
3. **Passionfruit**: Passionfruit is a tropical fruit that contains many small, edible seeds inside the fruit. They are a good source of fiber, vitamin C, and antioxidants².
4. **Papaya**: Papaya is a tropical fruit that contains many small, edible seeds inside the fruit. They are a good source of fiber, vitamin C, and antioxidants.
5. **Watermelon**: Watermelon seeds are edible and can be roasted or eaten raw. They are a good source of protein, healthy fats, and minerals such as magnesium and zinc².
6. **Dragon Fruit**: Dragon fruit seeds are edible and can be eaten raw or used to make juice or smoothies. They are a good source of fiber, vitamins, and minerals .
7. **Guava**: Guava seeds are edible and can be eaten raw or used to make jam or jelly. They are a good source of fiber, vitamins, and minerals .
8. **Pomegranates**: Pomegranates are a unique fruit that contain many small, edible seeds inside the fruit. They are a good source of fiber, vitamin C, and antioxidants¹.
9. **Kiwi**: Kiwi is a small, fuzzy fruit that contains many small, edible seeds inside the fruit. They are a good source of fiber, vitamin C, and potassium¹.
10. **Strawberries**: Strawberries are a sweet fruit that contain many small, edible seeds on the outside of the fruit. They are a good source of fiber and vitamin C¹.
11. **Blackberries**: Blackberries are a sweet fruit that contain many small, edible seeds on the outside of the fruit. They are a good source of fiber and vitamin C³
12. **Raspberries**: Raspberries are another sweet fruit that contain many small, edible seeds on the outside of the fruit. They are a good source of fiber and vitamin C¹
13. **Tomato**: Tomato seeds are edible and can be used in sauces, soups, and other dishes. They are a good source of fiber, vitamins, and minerals.
14. **Apples**: Best to avoid but they are Safe in small quantity. Apples are a common fruit that contain small, edible seeds in the core of the fruit. They are a good source of fiber and vitamin C.
15. **Pears**: Best to avoid but they are safe in small quantity. Pears are similar to apples in that they also contain small, edible seeds in the core of the fruit. They are a good source of fiber and vitamin C.