



12 NUTRITIONAL BENEFITS OF SESAME SEEDS

The potent nutritional benefits of sesame seeds include their ability to prevent cancer, improve heart health, lower blood pressure, build strong bones, improve male fertility, and prevent diabetes. They also help cure sleep disorders, improve digestion, reduce inflammation, boost respiratory health, aid in dental care and eliminate depression and chronic stress.

Sesame Seed Nutrition Facts

Sesame seeds are a rich source of natural oils, lignans, antioxidants, protein, dietary fiber, and vitamins and minerals like calcium, iron, potassium, phosphorus, magnesium, B-vitamins and vitamin E according to the USDA National Nutrient Database for Standard Reference.

Additionally, these tiny seeds are packed with potent amino acids like tryptophan and fat-burning polyphenols like sesamein and sesamol. Researcher Dr. Fereidoon Shahidi with over 600 published research papers, demonstrated considerable antioxidant activity of sesame products in one of his studies in the journal Food Chemistry.

Health Benefits of Sesame Seeds

1. Anticancer Properties:

Sesame seeds are rich in oil-soluble lignans like sesamin and sesamol, which are known for their anti-oxidative properties. A research study published in the journal Nutrition and Cancer found that dietary lignans play a potential role in cancer prevention. Furthermore, sesame seeds have a high level of vitamin E, vitamin K, and magnesium, which have an anti-carcinogenic effect on the body.

The seeds also contain phytate, a rare cancer-preventing compound that functions as an antioxidant and reduces the effects of free radicals. Free radicals are the dangerous byproducts of cellular metabolism that have been connected to many forms of cancer and various other conditions like heart diseases, premature aging, and cognitive malfunctions. Sesame seeds have also been positively linked to reducing the risk of leukemia, breast, lung, pancreatic, colon, and prostate cancers.

2. Skin Care:

Sesame seeds contain zinc, a vital component in the formation of collagen, which strengthens the muscle tissue, hair, and skin. Also, sesame seed oil, rich in vitamin E, has been shown to reduce the appearance of burns and marks on the skin, as well as signs of premature aging.

3. Hair Health:

Sesame seeds are rich in plant polyphenols, which help promote hair health. Sesame seed oil is often massaged into the scalp to reduce premature greying and boost hair growth because of the presence of vitamins and minerals. The amino acids and antioxidants in this oil help return the shine back in dull hair.



4. Boosts Heart Health:

Natural oil-soluble plant lignans present in sesame seeds have been connected to a reduction in hypertension in a number of research studies. This, in turn, helps reduce the strain on your cardiovascular system and prevents various cardiac conditions.

A research study published in journal Nutrition Review states that these bioactive phenolic plant compounds are in highest concentration in flax seeds and sesame seeds and in lower concentrations in other seeds, grains, fruits, and vegetables. Furthermore, magnesium has long been known as a vasodilator (an agent that reduces blood pressure) and these seeds are packed with this essential mineral, containing up to 25% of your daily requirement in a single serving.

5. Improve Digestion:

Sesame seeds are packed with a significant amount of fiber, an important element in healthy digestion. It can reduce conditions like constipation and diarrhea, while simultaneously protecting the health of your colon and reducing the chances of gastrointestinal diseases and cancer. Fiber also works beneficially for your heart, by scraping out dangerous LDL cholesterol from arteries and blood vessels, thereby acting as a protecting agent against atherosclerosis, heart attacks, and strokes.

6. Manage Diabetes:

The components of sesame seeds, like magnesium, have been connected to reducing the chances of diabetes and managing its symptoms in patients having already developed the condition. Furthermore, it has been shown that sesame seed oil can positively affect the impact of various medications like glibenclamide in patients suffering from type 2 diabetes. It improves this medication's functionality and further regulates the insulin and glucose levels in the body, thereby helping to manage the symptoms of diabetes.

7. Boost Bone Health:

Sesame is the richest source of most of the inorganic nutrients, says a report published in the Journal of the American Oil Chemists Society. The impressive levels of essential minerals like zinc, calcium, and phosphorus can be a major boost for your bone health. These minerals are integral parts in creating new bone matter and strengthening and repairing bones that may be weakened by injury or the onset of debilitating bone conditions like osteoporosis.

8. Improve Oral Health:

Perhaps the most notable effects of sesame seeds are its powerful effects on oral health. The process called oil pulling in which certain amounts of sesame seed oil is swished around the mouth can have a strong antibacterial and astringent effect on all aspects of oral health. It is also closely associated with reducing the presence of the Streptococcus bacteria, a common bacteria that can wreak havoc on your oral cavities and other parts of your body.



9. Prevents Infertility in Men

Sesame seeds, when added to the diet of men, improves sperm quality and increases male fertility. A 2013 study published in the Journal of Research in Medical Sciences showed that 25 infertile men, aged between 27 and 40 years, were given sesame seeds for three months. They showed a significant improvement in their sperm count and motility.

10. Reduce Inflammation

The high content of copper in sesame seeds has a number of valuable functions, including the reduction of inflammation in joints, bones, and muscles, thereby contributing to reducing the associated pain of arthritis. Furthermore, copper is an essential mineral for strengthening blood vessels, bones, and joints. Finally, copper is necessary for the proper uptake of iron, a key component of hemoglobin. Therefore, proper copper content in the body maximizes circulation and ensures that the organ systems of the entire body receive enough oxygen to function properly.

11. Protect Against Radiation

One of the organic compounds in sesame seeds, called sesamol, has been associated with protecting DNA from the harmful effects of radiation, as per a study cited in Cancer Biotherapy & Radiopharmaceuticals. This radiation could come from accidental sources or from the treatment of cancer by chemotherapy and radiotherapy. By protecting the DNA from mutation due to radiation, these seeds can boost strength and reduce the chances of contracting other forms of cancer due to cellular mutation.

12. Boost Metabolic Function

Sesame seeds contain a high amount of protein, which gets broken down and reassembled from its component parts into usable proteins for the human body. This adds to overall strength, healthy cellular growth, mobility, energy levels, and a boosted metabolic function. This is confirmed in a study published in the Journal of Agricultural and Food Chemistry.

Eating Sesame Seeds

Sesame seeds can be used in a variety of ways, either as a sprinkled topping on salads or stews, mixed into bread, ground into a thin paste like tahini to be used in hummus or can even be blended into a powder and mixed with various smoothies.

Sesame oil is also very popular and potent for natural health remedies, ranging from topical applications on the body to using the oil as a digestive or an anti-inflammatory substance.

