



Chia seeds

01 / Product perspective

MATCH THE SEED TO THE PROCESSING STEP

Whole kernels, broken pieces, skin removal and roasting each affect the finished ingredient. Nutrient values vary with water content and added ingredients. Evaluate the offered form in the intended roasting, grinding or blending process.

NUTRITION REFERENCE | PER 100 G EDIBLE PORTION

Reference food: Seeds, chia seeds, dried

ENERGY

486 kcal

PROTEIN

16.5 g

FAT

30.7 g

CARBOHYDRATE

42.1 g

FIBRE

34.4 g

SATURATED FAT

3.3 g

IRON

7.7 mg

POTASSIUM

407.0 mg

USDA comparator, not a Brazilian lot certificate or finished-product nutrition label. Edible tissue excludes bones. The raw/dried state and trim shown in the reference description determine the comparison; cooking, refining and added ingredients may change it.

HOW TO USE THIS INFORMATION

Fat, protein and fibre describe a concentrated ingredient. The final recipe and inclusion level determine the contribution to a finished product.

RESEARCH SOURCES

USDA FoodData Central, SR Legacy: FDC ID 170554.

[Open the nutrition reference](#)

[Open the product and latest enquiry](#)



Chia seeds

02 / Practical evaluation & sourcing

TRANSLATE THE APPLICATION INTO MEASURABLE ACCEPTANCE

For Chia seeds, compare samples under the same production conditions. Agree the measurement method and acceptance limits before using the result to assess a commercial shipment.

YOUR PRODUCT-SPECIFIC TRIAL BRIEF

01 / Colour mix and purity: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

02 / Moisture and foreign matter: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

03 / Microbiological requirements: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

04 / Food-use and hydration expectations: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

SIZE AND INTEGRITY

Whole-kernel yield can change the useful purchase cost.

Request: Size/count class and agreed broken-piece tolerance.

FRESHNESS

Appearance alone cannot establish oxidative condition.

Request: Moisture, sensory profile and oxidation tests where appropriate.

ALLERGEN CONTROLS

Ingredient identity and cross-contact need separate review.

Request: Allergen statement and documented handling controls.

PROCESS TRIAL

Roasting or grinding changes sensory and functional behaviour.

Request: Trial conditions and target colour, texture or grind profile.

STORAGE AND DOCUMENT BASIS

Agree the storage conditions, shelf life and pack protection for the actual product. Request sample/lot identity, ingredients where relevant, analytical results and destination-specific documents.

Research reference: Codex Alimentarius - official commodity standards



Chia seeds

03 / Complete your purchasing brief

Fill in these fields, save a completed copy and email it as an attachment to info@saiagrobrazil.agr.br. For an immediate online enquiry, use the product link below.

YOUR NAME

COMPANY

BUSINESS EMAIL

PHONE / WHATSAPP

PRODUCT / GRADE

QUANTITY AND UNIT

PURCHASE FREQUENCY

DESTINATION COUNTRY

PORT / NAMED PLACE

PREFERRED TRADE TERM

SHIPMENT / RECEIVING PERIOD

PACKING PREFERENCE

YOUR INTENDED APPLICATION

TECHNICAL TARGETS / NUTRITION BASIS / REQUIRED ANALYSIS

INSPECTION / DOCUMENTS / LABELLING REQUIREMENTS

☐ I agree that SAI Agro Brazil may use these details to respond to my enquiry.

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Open product enquiry

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