



10 Amazing Benefits Of Sunflower Seeds

Sunflower seeds are loaded with all necessary nutrients making it a well-balanced diet. They are a credible source of carbohydrates, fats, protein, and fiber. They also have just enough calories to provide instant energy. They are also rich in anti-oxidants. Thus with a variety of nutrients, Sunflower seeds are an appealing snack for any health-conscious consumer. Did you know that heart disease is the main cause of death in the United States for men and women? [Sunflower seeds](#) have nutrients that can help keep your heart healthy – after all, they are a source of good fats and beneficial phytosterols.



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Sunflower Seeds