



Nutrition and Dietetics

Linseeds (also known as flaxseeds)

Linseeds

Linseeds are available in golden, brown, whole, ground or milled form from most health food shops and supermarkets. As yet, there is no evidence to suggest that any type is better than another. Linseeds can also be bought ready mixed with other seeds and dried fruit. Discuss with your dietitian whether these options are suitable for you.

How can linseeds help?

Linseeds swell up when they come into contact with fluid to form a gel, which can soften the stools making them easier to pass.

Do linseeds need to be prepared?

Linseeds can be taken whole, but if you prefer you can crush or grind them before use. If you do this, they should be stored in the fridge and last up to three months. Whole linseeds last much longer and can be stored in the cupboard. You do not need to soak them before use.

Note: if you have diverticular disease, it may be safer to use ground or milled linseeds.

How many should I have?

Try starting with one tablespoon a day and increase gradually up to three tablespoons per day, if required. Try the same dose for at least one week before deciding whether you need to increase or decrease your dose. It may take the bowel a while to adjust to a different amount of fibre and the full benefits may take three to six months to be seen. If you have more than one tablespoon, you may find it helpful to have some in the morning and some in the evening.

How should I take linseeds?

Linseeds can be mixed into many foods including cereal, yoghurt, soup or salad.

Do I need to drink fluid with them?

Yes, make sure that you have at least 150ml of fluid per tablespoon linseeds taken.

Will linseed oil or capsules help?

The oil does not contain fibre so is not suitable for helping the bowels.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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