

# Hemp seed nutrients



Hemp seed is a traditional food in China. Its status can be compared with rice and wheat in history. In Zhou Li, it is called “hemp, wheat, alfalfa, alfalfa and bean” as grain, and “hemp” is hemp seed; Shennong Materia Medica, "Daily Materia Medica", "Compendium of Materia Medica", "The Theory of Pharmacology", "Qianjin-Food Administration", etc. all introduced the efficacy of Hemp Seeds; 2000 edition of the Pharmacopoeia of the People's Republic of China will be "Fire (Han) "Merren" was included in the Pharmacopoeia; "Ministry of Health's Notice on Further Regulating the Management of Raw Materials for Health Foods" listed Fire (Han) Ma Ren as a catalogue of "both food and medicine". All of these indicate that hemp seeds have great application value in food and even health care products.

## [Microwave drying machine](#)

### The nutrients of hemp seeds

Hemp seeds are rich in oil, protein, and dietary fiber. In addition, they contain special phenolic substances, vitamins, terpenoids, and plant sterols. Among the metal trace elements, the iron and zinc content and ratio are most suitable for human needs. [Hemp seed oil refining](#)

### Hemp seed oil

The nutritional value of hemp seed oil is mainly reflected in the following three aspects: a. Polyunsaturated fatty acids (PUFAS) up to nearly 80%, the ratio of linoleic acid to linolenic acid, ie the ratio of omega-6 /?-3 is 2.29 Between ~ 4.68, beneficial to human health; b. rich in ?-linolenic acid, the main component of human brain tissue is lipids, of which about 20% of the total is omega-3 unsaturated fatty acids, human About 40% of the lipids in the retina are omega-3 unsaturated fatty acids; c. ?-linolenic acid (GLA) and stearidonic acid (SDA), which are rare in terrestrial plants, It can be converted into PG1, PG2, PG3, and these three series of prostaglandins are vital to the human body.

In addition, the rich plant sterols, tocopherols, leaf greens and terpenoids contained in hemp seed oil are also contributing factors to the increase in nutritional value.

**Plant Alcohol:** Hemp seed oil contains natural plant sterols, of which  $\beta$ -sitosterol is the most abundant, which has a significant reduction in serum cholesterol, antibacterial and anti-inflammatory effects. Most of China's residents consume high-precision salad oil, which is basically free of sterols. For this reason, some oil processing enterprises have used phytosterols as one of the evaluation criteria for oil nutrition.

**Tocopherol and chlorophyll:** The highest content of  $\alpha$ -tocopherol. Tocopherols and chlorophyll have good antioxidant effects in oils and fats. Hemp seed oil can improve the activity of SOD, GSH-Px and other enzymes. Its ability to scavenge DPPH free radicals exceeds that of olive oil. It is suitable as an antioxidant dietary resource, and it has anti-oxidation and anti-aging effects.