Hemp seed and oil – a highly nutritious source of food

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Introduction

Cannabis sativa L. (Linneaeus) is an annual herbaceous plant in the Cannabis genus, a species of the Cannabaceae family. People have cultivated Cannabis sativa throughout recorded history as a source of industrial fibre, seed oil, recreation, religious and spiritual mood, and medicine.

Industrial hemp ≠ Marijuana
0.2 % THC >5 % THC

OBJECTIVE: Collect and analyze the available literature about hemp. Try to describe the production, the benefits in human health, the characteristics of oil for human consumption and extensive use this plant has in the food and cosmetic industries, among others.

Production of hemp seed and oil

Cannabis sativa L. is a dioecious, flowering plant (Figure 1). The plant requires 12-13 hours of light per day, enough water, the pH of soil between 5-7.5, to obtain products of high quality (Figure 2).

Nutritional and medicinal benefits

- hemp seed is 25% protein
- hemp seed is 36 % essential fatty acid (90% polyunsaturated fats : omega 3, 6)
- contains all 9 essential amino acids
- rich in trace minerals
- high in dietary fiber (Callaway, 2004).

✓ hemp seed may reduce the risk of heart disease (Peh et al., 2005).
✓ hemp seed and oil may benefit skin disorders = eczema (Callaway et al., 2005).
✓ whole hemp seed may aid digestion

The main cultivation areas

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Conclusions

Hemp seed and oil have an excellent properties. Among its fat profile, content of protein, vitamins and minerals, its widespread use in the alimentation, medicine and cosmetics, Cannabis sativa L. has shown big power. It should be introduced in the diet of each person, taking advantage of all its benefits to improve health.

References: