

Chia seeds

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Chia seeds

Salvia hispanica seed, which absorbs many times its weight in water. Their coat protects the oil inside, which is why they keep where ground flax does not.

How long it keeps

Unopened, this keeps **a year** — which is what puts it on [the long shelf](#).

As sold	Unopened, in the cupboard	Once opened
as sold	18 months	—

Counted from the date on the package. Figures are the **USDA FSIS FoodKeeper** table's, for unopened storage at room temperature; FoodKeeper counts a month as 30 days.

The table was not pulled from USDA — fsis.usda.gov answers 403 to non-browser clients from this machine — so it came from a mirror of the data.gov dataset and its vintage is unverified. Treat a single figure as indicative, not as a use-by date.

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