



## Sesame milk: 5 reasons to include it in your daily diet

*Tkacheva Natalia*, phytotherapist, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*E-mail:* tkacheva.n@edaplus.info, eliseeva.t@edaplus.info

**Abstract.** The article discusses the main properties of sesame milk and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the drink are indicated, the use of sesame milk in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of sesame milk on the human body under certain medical conditions and diseases are analyzed separately.

**Key words:** sesame milk , useful properties, contraindications, composition, calorie content

Sesame milk is a delicious gluten-free drink made from sesame seeds. Its production is more environmentally friendly than the creation of analogues from almonds and oatmeal: less water is consumed, and the final product contains more macro- and microelements, which are important for digestion and immunity. It has practically no contraindications and can be drunk by vegetarians, allergy sufferers, children, the elderly. Would you like to know more about the benefits of the product? Read on - we tell the whole truth about the benefits and possible harm.

The calorie content of sesame milk depends on its concentration and ranges from 90–140 kcal. It's low in sodium and has 8 times more protein than traditional dairy drinks at 8g per glass. The composition contains [iron](#), potassium, calcium and vitamin D, which is difficult to obtain from plant foods. The product also contains prebiotic fibers that are beneficial for metabolism and immunity.

### Top 5 benefits of sesame milk for children, women and men

#### 1. Helps to lose weight

The drink contains about 8% fiber - an excellent food for beneficial intestinal bacteria. Dietary fiber is vital for weight loss as it improves digestion, reduces blood sugar spikes, and keeps you full for longer. Due to the low concentration of sodium, the drink prevents fluid retention in the body. It also promotes the production of liver enzymes and fat metabolism, and prevents the absorption of cholesterol. <sup>[one]</sup>

## **2. Boosts Immunity and Fights Cancer**

Products made from sesame seeds increase the antioxidant activity of the blood due to vitamin E and other constituent substances. They fight oxidative stress, a chemical reaction that can damage cells and increase the risk of many chronic diseases. This applies to both fungal infections and oncology (especially colon cancer). <sup>[2, 3]</sup>

## **3. Protects Against Cardiovascular Disease**

Regular consumption of sesame milk helps to reduce triglycerides and cholesterol levels due to the phytosterols and lignans contained in it. Studies have shown that they significantly reduce the risk of heart disease. This effect is enhanced by healthy fats, as well as sesamin, sesamol and sesamolin. The complex of compounds strengthens the heart, cleanses the coronary arteries and improves the circulatory system, preventing high blood pressure. <sup>[4, 5, 6]</sup>

## **4. Regulates Blood Sugar**

The low amount of carbs, excellent concentration of healthy fats, and pinorensin are what help sesame milk control blood sugar levels. Pinorensin breaks down maltose, which is found in starchy and many other foods. Thanks to him, sugars are absorbed more slowly and their sharp jumps in the blood do not occur. <sup>[7, 8, 9]</sup>

## **5. Promotes the formation of red blood cells**

The drink contains the nutrients the body needs to produce red blood cells. Iron, copper, vitamin B6 stimulate the formation of red blood cells that contain hemoglobin and transport oxygen through the blood vessels. <sup>[10, 11]</sup>

## **Harm of sesame milk: contraindications and precautions**

Most studies have found that sesame seed products have little to no negative effects. Their excessive use can lead to some side effects:

- a strong decrease in blood pressure;
- abdominal pain and bloating;
- allergic reactions;
- exacerbation of gout symptoms.

The drink is contraindicated in people with urolithiasis, diarrhea, embolism, thrombosis and other blood diseases.

## **How much sesame milk can you drink every day?**

Drinking 1/2-1 glass of milk several times a week is enough to get the most benefit and protect against side effects. It can be drunk on its own, added to other drinks and used in cooking.

## **How to make sesame milk at home: cooking and eating hacks**

A refreshing drink is easy to prepare yourself at home:

- it is necessary to soak [sesame seeds](#) in a bowl of warm water for about 30 minutes to soften and improve the absorption of vitamins and minerals;
- drain all the water from the sesame seeds and smash the grains in a blender;
- add water to the mass - for one part of sesame seeds, 3-4 parts of ordinary or coconut water;
- add other optional ingredients for flavor - vanilla, sea salt, or pitted dates for sweetness (so you won't be tempted to add harmful sweeteners) and blend again on high speed for about 1 minute;
- strain the mixture through a special bag or gauze folded in several layers.

The result: Nutrient-rich, creamy sesame milk! It can be stored for 1-2 days in the refrigerator, added to teas, coffees, served cold with ice or hot with a little cinnamon, vanilla or maple syrup. This is a great option for lattes as it lathers easily and doesn't separate when added to hot liquids. It is worth considering that it does not go well with matcha tea due to natural bitterness.

The product is also added to cereals, smoothies, pastries. It gives them a richness that is rarely found in vegan alternatives. The pleasant taste of sesame seeds gives a spicy tinge to both cakes and spicy dishes.

### Expert comment

**Tatyana Eliseeva, nutritionist**

Nutritious sesame milk contains a variety of nutrients, phytonutrients, and antioxidants that provide the benefits listed above. To get them, it is important to properly prepare the seeds for making a milk drink. Follow our advice to cut out junk food and drink sesame milk to improve gut health and boost your immune system.

### Literature

1. Papadakis, Emmanouil N., et al. "Effect of the form of the sesame-based diet on the absorption of lignans." *British journal of nutrition* 100.6 (2008): 1213-1219. DOI: 10.1017/S0007114508978272
2. Haidari, Fatemeh, et al. "Effects of sesame butter (Ardeh) versus sesame oil on metabolic and oxidative stress markers in streptozotocin-induced diabetic rats." *Iranian journal of medical sciences* 41.2 (2016): 102. PMID: PMC4764959
3. Wu, Wen-Huey, et al. "Sesame ingestion affects sex hormones, antioxidant status, and blood lipids in postmenopausal women." *The Journal of nutrition* 136.5 (2006): 1270-1275. DOI: 10.1093/jn/136.5.1270
4. Wichitsranoi, Jatuporn, et al. "Antihypertensive and antioxidant effects of dietary black sesame meal in pre-hypertensive humans." *Nutrition journal* 10.1 (2011): 1-7. DOI: 10.1186/1475-2891-10-82
5. Sankar, D., et al. "Effect of sesame oil on diuretics or  $\beta$ -blockers in the modulation of blood pressure, anthropometry, lipid profile, and redox status." *The Yale journal of biology and medicine* 79.1 (2006): 19. PMID: PMC1942178
6. Mathur, Pankaj, et al. "Tocopherols in the prevention and treatment of atherosclerosis and related cardiovascular disease." *Clinical cardiology* 38.9 (2015): 570-576. DOI: 10.1002/clc.22422
7. McArdle, P.D., et al. "Carbohydrate restriction for glycaemic control in Type 2 diabetes: a systematic review and meta-analysis." *Diabetic Medicine* 36.3 (2019): 335-348. DOI: 10.1111/dme.13862

8. Wikul, Arin, et al. "(+)-Pinoresinol is a putative hypoglycemic agent in defatted sesame (*Sesamum indicum*) seeds though inhibiting  $\alpha$ -glucosidase." *Bioorganic & medicinal chemistry letters* 22.16 (2012): 5215-5217. DOI: 10.1016/j.bmcl.2012.06.068
9. Haidari, Fatemeh, et al. "Effects of sesame butter (Ardeh) versus sesame oil on metabolic and oxidative stress markers in streptozotocin-induced diabetic rats." *Iranian journal of medical sciences* 41.2 (2016): 102. PMCID: PMC4764959
10. Vitamin B6 - fact sheet for health professionals, <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>
11. Iron - fact sheet for health professionals, <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>

[An extended HTML version of this article](#) is available on the edaplus.info website.

*Received 18.07.2022*

### **Sesame milk: 5 reasons to include it in your daily diet**

*Tkacheva Natalia*, phytotherapist, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the project EdaPlus.info

*E-mail:* tkacheva.n@edaplus.info, eliseeva.t@edaplus.info

**Abstract.** The article deals with the main properties of sesame milk and its effects on the human body. A systematic review of modern specialized literature and current scientific data is conducted. The chemical composition and nutritional value of the drink are indicated, the use of sesame milk in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of sesame milk on the human body in certain medical conditions and diseases are analyzed separately.