At present there are different market food products fortified with fatty acids like omega 3. The Chia (*Salvia hispanica* L.) and Flaxseed or Linseed (*Linum usitatissimum* L.), are the main plant sources suppliers of omega 3. Chia was almost extinct for religious reasons. Flaxseed not faced problems in their development and now, has different varieties. This study aimed to develop a comparative descriptive sensory profile for chia seeds and golden or brown linseeds. The experiment was conducted with seven panelists who chose and evaluated 13 sensory attributes in two replications. The results were evaluated by the program Assistat_7.6beta, for variance analysis, Tukey test and Principal Component Analysis (PCA). Significant differences were observed between seeds. Chia showed better than linseeds in the gumminess. The flaxseeds have higher average in the attributes odor, hardness, brightness, unpleasant taste and oiliness. Among flaxseed studied showed that the linseed golden presented more pleasant taste and higher brightness than the brown Linseed. In the PCA 66.11% of the variation was explained by the first principal component, represented mainly by the attributes crispness, hardness, good flavor, brightness, oiliness and gumminess with holdings exceeding 0.64 in each and 25.03% for the second component represented by brightness, odor and oiliness with participation of more than 0.86 in each. Chia presents less oiliness, low odor and flavor, softer and gumminess that Linseeds, showing sensorial superiority to be added in processed foods can act as a thickener more efficiently, enhancing the product in omega 3 without great changes in its original flavor.

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