

- 115 Calories, 9 gm protein, 8 gm fiber, 0.4 gm fat, no cholesterol
- 1/2 cup cooked lentils provides:**
- Potential benefits of consuming lentils:**
 - Rich source of polyphenols, which have antioxidant and antiviral properties (higher than beans, split peas and peanuts)
 - Good source of fiber, folic acid & potassium to support heart health
 - Soluble fiber helps lower cholesterol and regulate blood sugars
 - High folate protects against neural tube defects during pregnancy
 - Potassium helps to control blood pressure and magnesium is important for maintaining heart rhythm
 - Use in soups, sauces and gravies as thickener; As a meat replacement in tacos or burgers; Puree cooked lentils for hummus or sandwich spreads; Substitute puree for half the fat in brownie/muffin recipes

Health Benefits of Lentils

Lentils are high in protein and fiber and can be found in a variety of colors. They are low-cost, rich in nutrients and easy to prepare.



Lentils

- 115 Calories, 9 gm protein, 8 gm fiber, 0.4 gm fat, no cholesterol
- 1/2 cup cooked lentils provides:**
- Potential benefits of consuming lentils:**
 - Rich source of polyphenols, which have antioxidant and antiviral properties (higher than beans, split peas and peanuts)
 - Good source of fiber, folic acid & potassium to support heart health
 - Soluble fiber helps lower cholesterol and regulate blood sugars
 - High folate protects against neural tube defects during pregnancy
 - Potassium helps to control blood pressure and magnesium is important for maintaining heart rhythm
 - Use in soups, sauces and gravies as thickener; As a meat replacement in tacos or burgers; Puree cooked lentils for hummus or sandwich spreads; Substitute puree for half the fat in brownie/muffin recipes

Health Benefits of Lentils

Lentils are high in protein and fiber and can be found in a variety of colors. They are low-cost, rich in nutrients and easy to prepare.



Lentils

Lentils

Lentils are high in protein and fiber and can be found in a variety of colors. They are low-cost, rich in nutrients and easy to prepare.



Health Benefits of Lentils

1/2 cup cooked lentils provides:

- 115 Calories, 9 gm protein, 8 gm fiber, 0.4 gm fat, no cholesterol

Potential benefits of consuming lentils:

- Rich source of polyphenols, which have antioxidant and antiviral properties (higher than beans, split peas and peanuts)
- Good source of fiber, folic acid & potassium to support heart health
- Soluble fiber helps lower cholesterol and regulate blood sugars
- High folate protects against neural tube defects during pregnancy
- Potassium helps to control blood pressure and magnesium is important for maintaining heart rhythm
- Use in soups, sauces and gravies as thickener; As a meat replacement in tacos or burgers; Puree cooked lentils for hummus or sandwich spreads; Substitute puree for half the fat in brownie/muffin recipes

Lentils

Lentils are high in protein and fiber and can be found in a variety of colors. They are low-cost, rich in nutrients and easy to prepare.



Health Benefits of Lentils

1/2 cup cooked lentils provides:

- 115 Calories, 9 gm protein, 8 gm fiber, 0.4 gm fat, no cholesterol

Potential benefits of consuming lentils:

- Rich source of polyphenols, which have antioxidant and antiviral properties (higher than beans, split peas and peanuts)
- Good source of fiber, folic acid & potassium to support heart health
- Soluble fiber helps lower cholesterol and regulate blood sugars
- High folate protects against neural tube defects during pregnancy
- Potassium helps to control blood pressure and magnesium is important for maintaining heart rhythm
- Use in soups, sauces and gravies as thickener; As a meat replacement in tacos or burgers; Puree cooked lentils for hummus or sandwich spreads; Substitute puree for half the fat in brownie/muffin recipes