



Benefits of consuming **Lentils**

Like their legume cousins, lentils are high in protein and fiber and can be found in a variety of colors.

Lentils are low-cost, rich in nutrients and easy to prepare.



Benefits of consuming **Lentils**

½ cup cooked lentils provides:

- **115 Calories**
- **9 gm protein**
- **8 gm fiber**
- **0.4 gm fat**
- **No cholesterol**



Benefits of consuming **Lentils**

Lentils are a rich source of polyphenols that have antioxidant and antiviral properties. These compounds offer protection against diabetes, obesity, cancer and heart disease.



Benefits of consuming **Lentils**

Good source of folic acid, fiber and potassium that support heart health and help to lower blood pressure.



Benefits of consuming **Lentils**

**Lentils are high in fiber, particularly soluble fiber,
which helps to lower cholesterol and regulate blood sugars.**



Benefits of consuming **Lentils**

**High folate in lentils helps to protect against
neural tube defects during pregnancy.**



Benefits of consuming **Lentils**

**Use in soups, stews, sauces and gravies as thickener,
or as a low-fat meat replacement in tacos and burgers**



Benefits of consuming **Lentils**

**Puree cooked lentils to make hummus or sandwich spreads.
Use puree as a substitute for half the fat in brownie or muffin recipes.**