

🌱 LENTILS: The Protein-Rich Little Legume

Did you know lentils (*(Lens culinaris)*) are one of the best plant-based meat substitutes? They are rich in protein and fiber, easy to prepare, and cook faster than dried beans.

Lentils come in yellow, red, orange, green, brown, and black. Whole lentils keep their shape, while split or skinless lentils become soft and creamy.

🥄 Serving Size

1 cup boiled lentils (198 g)

Calories: 230

🥗 NUTRIENT POWER

- ✅ Folate
- ✅ Dietary fiber
- ✅ Plant protein
- ✅ Iron
- ✅ Potassium
- ✅ Manganese
- ✅ Phosphorus
- ✅ Copper
- ✅ Thiamine

❤️ HEALTH BENEFITS

Lentils may help:

- 💖 Support heart health and blood flow
- 🩸 Produce healthy red blood cells
- 💪 Build and repair muscles
- 🦴 Strengthen bones and teeth
- ⚖️ Support healthy weight management
- 🌿 Improve bowel movement
- 🩺 Maintain steady blood sugar levels
- 🛡️ Protect cells with antioxidants

🍽️ EASY WAYS TO ENJOY

Add lentils to soups, salads, vegetable dishes, purées, sprouts, or serve them with rice.

⚠️ HEALTH REMINDER

Lentils may cause gas. Soaking them overnight can improve digestion and reduce phytates. People with kidney stones or arthritis should eat high-oxalate foods in moderation.



REFERENCE: Adapted from *Healthy Foods Healthy Lives* by Evelyn Villaflor-Almocera