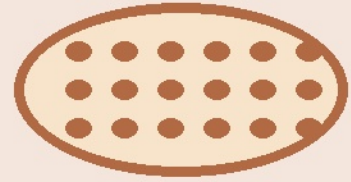


SPACE TO BREATHE

FOOD TO SUPPORT

STEADY ENERGY & BLOOD-SUGAR BALANCE



LENTILS

Why it can be useful

-  Fibre
-  Plant protein
-  Iron & folate

Simple ways to use it

- 1 Add to soup
- 2 Make a lentil dhal
- 3 Mix into mince dishes

REMEMBER

This food can support a balanced diet, but it does not treat or cure a condition. Check allergies, intolerances and individual dietary advice.