



Health Benefits of Lentils

Like their legume cousins, lentils are high in protein and fiber. They come in a variety of colors with green and orange being the most popular. Lentils are low-cost, rich in nutrients and easy to prepare.

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
- High potassium helps to control blood pressure and magnesium is important for maintaining heart rhythm
- Use in soups, stews, sauces and gravies as thickener; As a meat replacement in tacos or burgers; Puree cooked lentils for hummus or sandwich spreads; Use puree as substitute for 1/2 fat in recipes

For more Healthy Bytes Initiative information, visit:
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