



Lentils

Qualified Health Claims

- Folate supports fetal development
- Folate improves cognitive function
- Folate reduces depressive symptoms
- Fiber helps remove toxins from body
- Fiber promotes movement through digestive tract
- Lentils are a good source of non-heme iron. Eat with vitamin C to enhance iron absorption (bell peppers, broccoli, strawberries, pineapple, and tomatoes contain Vitamin C)
- Lentils aid in lowering homocysteine which can damage arteries
- Manganese helps maintain blood sugar levels

Nutrition Information

- Molybdenum
- Folate
- Fiber
- Copper
- Potassium
- Manganese
- Iron
- Protein

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Drug Interactions

- Diuretics and NSAIDs (aspirin, ibuprofen) deplete potassium in the body. Lentils are a good source of potassium!

Chronic- Diet Related Illness

- Protein increases satiety, which can help with weight loss
- High fiber diet helps manage weight and suppress appetite
- Lentils are a great option for diabetic patients- low GI so help maintain blood sugar levels
- Lentils contain potassium which helps treat high blood pressure (DASH Diet)
- Fiber in lentils helps move cholesterol out of the body, lowering LDL levels

Other Helpful Information for hand-outs or clinical discharges

- Gluten Free

Resources

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

Nelms, Sucher, Lacey and Roth (2007). *Nutrition Therapy and Pathophysiology 2nd Ed.*

<http://www.lentils.org/health-nutrition/nutritional-information/>

Thomas D, Elliott EJ. (2010). *The use of low-glycaemic index diets in diabetes control. Br J Nutr. Sep;104(6):797-802.*

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>

<http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1384247?resultClick=1>

D'Elia et al. (2011). *Potassium intake, stroke, and cardiovascular disease a meta-analysis of prospective studies.*
<https://www.ncbi.nlm.nih.gov/pubmed/21371638>



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