

Lets talk SUPER FOODS! We know LENTILS are incredible! Many of you know they look and taste great, but do you also know why they are SO HEALTHY for you? Well, read on to learn more.

One cup of cooked lentils has about 230 calories, 17.9g of [protein](#), 39.9g of [carbohydrates](#), 15.6g of fiber, 3.6g of sugar, and 0.8g of [fat](#). Lentils are rich in [folate](#), [niacin](#), and [vitamin E](#). They are also a good source of minerals such as [calcium](#), [magnesium](#), [phosphorus](#), and [potassium](#). Lentils are sold dried or canned and you'll find them in your grocery store or health food store.

Folate, also known as Vitamin B9, has many important functions in the body. It helps metabolize nucleic and amino acids, assists in the formation of new proteins, helps with red blood cell formation, and more.

Niacin, also known as Vitamin B3 has several functions in the body. These including assisting with DNA repair, facilitating cellular signaling, and helping to control cholesterol levels.

Vitamin E family contains eight antioxidants. In addition to scavenging free radicals and acting as an antioxidant, vitamin E helps with cell signaling, and helps facilitate the expression of immune cells.

Calcium is the most common mineral in the human body. Calcium is known for its importance to bone and teeth health, but it has other important jobs, too: for example, it regulates nerve impulse transmissions, muscle contractions, and hormone secretions.

Magnesium is an essential mineral that the body can only obtain through food. It helps metabolize carbohydrates and fat, and synthesize protein and DNA. It also helps the body heal.

Phosphorus is an essential mineral the body can only obtain through food. Every cell in the body requires phosphorus. Some of its important functions include assisting with bone formation, energy transfer, hormone production, cell signaling, and more.

Potassium is an essential mineral that the body can only obtain through food. Potassium is important for cell membrane behavior including nerve impulse transmission, cardiac function, and muscle contraction.

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