

A Little Goes A Long Way

Lentil: Nutritional Powerhouse

It Only Takes a Half-Cup of Lentils!

- Move over quinoa! **Lentils have twice the protein of quinoa** – up to 9 grams of protein. Blend lentils with grains like Timeless Natural Food Semi-Pearled Farro or Purple Prairie® Barley and you'll have a "complete" protein.
- What's that about "iron poor blood?" Get **20-40% of the recommended daily allowance (RDA) of iron from a single serving of lentils**. Women, especially pregnant women, take note.
- What's "folate?" Folate, one of the B vitamins, is especially important for the healthy development of unborn children. **Get 53% of your RDA of folate from a single serving of lentils**.
- Forget all those processed cereals and breads that brag about having lots of fiber. Your serving of lentils will give you **nearly one-third of the recommended intake of dietary fiber**.
- Eat lentils, not vitamin pills! Those tiny little seeds are full of a wide range of minerals like: **calcium, magnesium, phosphorus, sodium, zinc, copper, manganese, and selenium**.

There's more!

- Nope, no gluten here! **Lentils are naturally gluten-free**.
- Can you say, "Super Food?" Lentils have a **56% higher antioxidant capacity than blueberries**.
- Skip the Paleo Diet; eat lentils! **Lentils contain a healthy 3.7:1 ratio of Omega-6 to Omega-3**, while the average Western diet contains an overall ratio of 15:1 or 16:1.
- **Slow down that carbo rush**. Lentils have an estimated glycemic load of 13, while a bagel or serving of rice may have up to three times that amount.

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Natural Food

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