



## Packed With Power

- Lentils are a natural mix of protein and carbohydrates - two important things to consume before exercise.
- Lentils provide slow release energy to your muscles, which increases stamina for endurance sports.
- Lentils are a good alternative to pasta and other carbohydrates as a pre-game (or pre-workout) meal.
- Lentils are a protein source for athletes to help build and maintain muscle.

\*\* The above information was taken from the study *Can Lentils Improve Soccer Performance*, led by Dr. Phil Chilibeck at the University of Saskatchewan.



A healthy choice for athletes big and small

Want more Info?  
[www.saskpulse.com](http://www.saskpulse.com)



# LENTILS

The New Superfood



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# Fill Up, Not Out

In equal portions Lentils...

Have **1/3 the fat** of lean chicken breast

Contains **no salt or cholesterol!**

Nutrition Facts	
For 1 serving of cooked lentils (125 mL, 1/2 cup)	
Amount	%Daily Value
Calories 240	
<b>Fat 1.0 g</b>	<b>2%</b>
Saturated 0 g + Trans 0 g	
<b>Cholesterol 0 mg</b>	
<b>Sodium 0 mg</b>	
Carbohydrates 42 g	14%
<b>Fibre 9.0 g</b>	<b>36%</b>
Sugars 2 g	
<b>Protein 19 g</b>	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	<b>Iron 40%</b>
Thiamin 25%	Riboflavin 10%
Niacin 25%	<b>Folate 95%</b>

Have **four times as much protein** as whole wheat pasta

Are an **excellent source** of iron and folate

Have **twice the fibre** of a bran muffin

## Six Reasons Lentils are a Superfood

- The low fat and high fibre in lentils lowers blood cholesterol, making them **heart healthy**
- Regular consumption **helps manage blood sugar** levels
- The high fibre and protein helps **curb hunger**
- Promote a **healthy gut**
- **Gluten free**
- Excellent **plant protein source** for vegetarians

## Lentils for Every Body



### Easy to Use

- Lentils are a low cost, healthy food choice
- Lentils are quick cooking
- Adding cooked lentils to your salads, chili, soups and spaghetti sauce, or mixed with your beef for burgers is an easy way to add more fibre to your family's diet
- Lentils can be precooked and frozen in small quantities for a quick and healthy addition to your cooking

### Mix Lentils with Rice

- 1/4 cup (50 mL) split red lentils**
- 3/4 cup (175 mL) white rice**
- 1 2/3 cup (400 mL) water**

### Seasoning of your choice

Bring rice, water and lentils to a boil. Cover, reduce heat and simmer for 15 minutes. Let stand 5 minutes before serving.



# Lentil Granola Bars

- 2/3 cup (150 mL) shredded coconut**
- 2 cups (500 mL) quick-cooking rolled oats**
- 1 cup (250 mL) brown sugar, lightly packed**
- 1/3 cup (75 mL) bran cereal**
- 1/2 tsp. (2 mL) cinnamon**
- 3/4 cup (175 mL) lentil puree\***
- 1/2 cup (125 mL) canola oil**
- 1 egg beaten**
- 1/2 tsp. (2 mL) vanilla extract**
- 1/4 cup (50 mL) semi sweet chocolate chips, melted**

- 1) Preheat oven to 350°F (180°C). Make sure rack is in centre of oven.
- 2) In medium bowl, mix coconut, oats, brown sugar, cereal and cinnamon.
- 3) Add lentil purée, oil, egg, and vanilla. Mix until dry ingredients are just moistened.
- 4) Spread over a 10 1/2 x 16 (25 x 40 cm) nonstick cookie sheet. Bake 30 minutes, or until lightly browned. While bars are still warm, drizzle chocolate over top and cut into 35 bars.

### Nutritional Facts

Per bar (30g)
Calories 137 kcal
Protein 3 g
Fat 6 g
Saturated Fat 2 g
Cholesterol 5 mg
Carbohydrates 19 g
Fibre 3 g
Sodium 19 mg
Potassium 123 mg
Vitamin C 0 mg
Folate 18 mcg
Calcium 17 mg
Iron 1 mg

\*Simmer split red lentils in water for 15 minutes or until cooked. Blend lentils in food processor, adding water as needed to make a puree.



A healthy addition to your snack!