

100 GRAMS OF COOKED LENTILS:



12 GRAMS OF PROTEIN

+



8 GRAMS OF FIBER

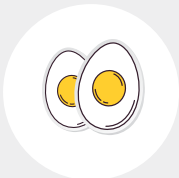
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ONLY 140 CALORIES

A SOURCE
of
PLANT
PROTEIN

A 100-GRAM SUGGESTED SERVING OF LENTILS FEATURES:



AS MUCH PROTEIN AS TWO EGGS

+



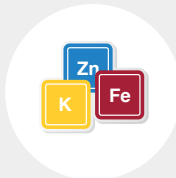
AS MUCH FIBER AS THREE SERVINGS OF QUINOA OR A BOWL OF BRAN FLAKES

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AS MUCH POTASSIUM AS ONE BANANA

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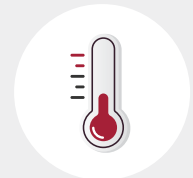
A GOOD SOURCE OF POTASSIUM, IRON, AND ZINC

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NATURALLY GLUTEN-FREE

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EXCEPTIONALLY LOW ON THE GLYCEMIC INDEX (GI)

Satiating

- The combination of being high in protein and high in fiber creates the satiating effect of lentils
- Satiation works to curb hunger and keep consumers feeling full for longer
- Lentils work to create long burn energy and the low GI attribute limits spikes in blood sugar

Consumer Insights:

- 75% of U.S. consumers believe lentils are healthy
- 73% of U.S. consumers understand lentils are high in protein, and 69% understand lentils are high in fiber
- Consumers inherently understand the healthy nature of lentils, therefore creating a natural health halo for the ingredient without needing to call out the inherent health attributes of a dish

WHOLE LENTIL:

Nutrition Facts	
Serving size	1/2 Cup (125 mL) Cooked
Amount per serving	140
Calories	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 12mg	2%
Iron 2mg	10%
Potassium 252mg	6%
Folate 39mcg DFE	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SPLIT LENTIL:

Nutrition Facts	
Serving size	1/2 Cup (125 mL) Cooked
Amount per serving	150
Calories	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 3mg	15%
Potassium 273mg	6%
Folate 55mcg DFE	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.