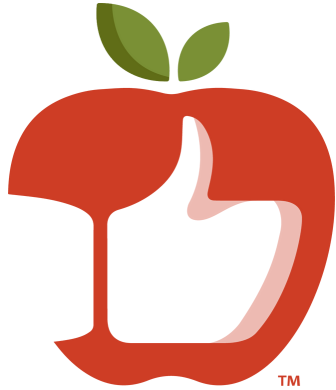


# Lentils

**CREATE**  
HEALTHY CHOICES



- Fiber in lentils may help regulate blood sugar.
- Low-fat source of iron to help prevent anemia.
- Rich in B vitamins and minerals that help with heart health, metabolism, and immunity.
- Use cooked lentils as a salad topper, or puree them to make a creamy soup.

**CREATE** SNAP-ED  
**BETTER HEALTH**

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