

french green lentils nutrition

french green lentils nutrition offers a comprehensive overview of the nutrient profile and health benefits of this popular legume variety. Known for their distinctive peppery flavor and firm texture, French green lentils, also called Puy lentils, are a staple in many cuisines around the world. They are not only versatile in cooking but also pack a powerful nutritional punch. This article delves into the macronutrient content, vitamins, minerals, and fiber found in French green lentils, highlighting their role in a balanced diet. Additionally, the discussion covers their potential health benefits, including heart health, weight management, and blood sugar control. Understanding the detailed french green lentils nutrition can assist in making informed dietary choices and optimizing nutrient intake.

- Macronutrient Composition of French Green Lentils
- Vitamins and Minerals in French Green Lentils
- Dietary Fiber and Digestive Health
- Health Benefits Associated with French Green Lentils
- Incorporating French Green Lentils into a Balanced Diet

Macronutrient Composition of French Green Lentils

French green lentils are an excellent source of macronutrients essential for energy and bodily functions. They primarily provide complex carbohydrates, high-quality plant-based protein, and minimal fat content. The carbohydrate content in French green lentils consists mainly of starch and dietary fiber, contributing to sustained energy release and digestive health. Protein from these lentils is rich in essential amino acids, making them an important component for vegetarians and vegans seeking alternative protein sources. The low-fat content, predominantly unsaturated fats, makes French green lentils a heart-healthy option.

Carbohydrates and Energy

French green lentils contain approximately 20 grams of carbohydrates per 100 grams of cooked lentils, including a significant portion of dietary fiber. These complex carbohydrates provide a slow and steady energy release, preventing rapid spikes in blood sugar levels. The presence of resistant starch and soluble fiber further supports gut health and glycemic control.

Protein Profile

With about 9 grams of protein per 100 grams cooked, French green lentils offer a substantial protein contribution, especially for plant-based diets. This protein includes essential amino acids such as lysine, which is often limited in other plant foods. Their protein content supports muscle repair, immune function, and overall cellular health.

Fat Content

French green lentils contain less than 1 gram of fat per 100 grams cooked, predominantly unsaturated fats with negligible saturated fat. This low-fat profile complements their role in heart-healthy eating patterns, reducing the risk of cardiovascular disease.

Vitamins and Minerals in French Green Lentils

French green lentils are rich in a variety of essential vitamins and minerals that support multiple physiological processes. These micronutrients contribute to metabolic function, immune defense, and the maintenance of healthy skin and bones. The dense nutrient profile of French green lentils makes them a valuable addition to nutrient-dense diets.

Key Vitamins

French green lentils provide notable amounts of B-complex vitamins, including folate (vitamin B9), niacin (B3), thiamine (B1), and vitamin B6. Folate is particularly abundant, which is crucial for DNA synthesis, cell division, and prevention of neural tube defects during pregnancy. Additionally, these lentils contain small amounts of vitamin K and vitamin E, contributing to blood clotting and antioxidant protection respectively.

Essential Minerals

These lentils are an excellent source of minerals such as iron, magnesium, phosphorus, potassium, and zinc. Iron content in French green lentils aids in oxygen transport and energy metabolism, especially important for individuals at risk of anemia. Magnesium supports muscle and nerve function, while potassium helps regulate fluid balance and blood pressure. Zinc plays a vital role in immune response and wound healing.

Dietary Fiber and Digestive Health

One of the standout features of French green lentils nutrition is their high

dietary fiber content. Both soluble and insoluble fibers are present, which together enhance digestive health, promote satiety, and aid in metabolic regulation. The fiber in French green lentils contributes to improved bowel regularity and supports a healthy gut microbiome.

Soluble Fiber Benefits

Soluble fiber in French green lentils dissolves in water to form a gel-like substance, which can help lower cholesterol levels and stabilize blood glucose. This fiber type slows digestion, enhancing nutrient absorption and reducing postprandial blood sugar spikes.

Insoluble Fiber Benefits

Insoluble fiber adds bulk to stool, facilitating regular bowel movements and preventing constipation. It also assists in maintaining colon health and may reduce the risk of certain gastrointestinal disorders.

Fiber Content Overview

- Provides approximately 8 grams of total fiber per 100 grams cooked
- Supports prolonged fullness and appetite control
- Contributes to lowering LDL cholesterol through bile acid binding

Health Benefits Associated with French Green Lentils

The comprehensive nutrient profile of French green lentils translates into multiple health benefits. Their consumption has been linked to improved cardiovascular health, better blood sugar management, weight control, and enhanced digestive function. Incorporating French green lentils into regular meals can contribute to disease prevention and overall wellness.

Cardiovascular Health

French green lentils contain nutrients such as soluble fiber, magnesium, and potassium that collectively support heart health by lowering blood pressure, reducing cholesterol levels, and improving arterial function. Their low-fat and cholesterol-free nature further benefit cardiovascular risk profiles.

Blood Sugar Regulation

The low glycemic index of French green lentils and their high fiber content help moderate blood glucose levels. This makes them beneficial for individuals with diabetes or those seeking to prevent blood sugar fluctuations.

Weight Management

Due to their high protein and fiber content, French green lentils promote satiety and reduce overall calorie intake. These properties aid in weight management by curbing hunger and maintaining muscle mass during calorie restriction.

Digestive and Gut Health

The prebiotic fibers in French green lentils nourish beneficial gut bacteria, supporting a balanced microbiome. This contributes to improved immune function and reduced inflammation.

Incorporating French Green Lentils into a Balanced Diet

French green lentils are versatile and easy to include in various dishes, enhancing both flavor and nutritional value. They can be used in salads, soups, stews, and side dishes, making them a practical choice for health-conscious eating.

Cooking Tips and Preparation

French green lentils require minimal soaking and typically cook within 20 to 30 minutes, retaining their shape and texture. Rinsing before cooking removes dust and debris. Combining them with herbs and spices can enhance their natural peppery flavor.

Suggested Meal Ideas

- French green lentil salad with fresh vegetables and vinaigrette
- Hearty lentil soup with carrots, celery, and tomatoes
- Stewed lentils served as a side dish with lean protein

- Incorporated into vegetarian patties or burgers for added protein

Dietary Considerations

While rich in nutrients, French green lentils contain antinutrients such as phytates that may reduce mineral absorption. Proper cooking methods like soaking and rinsing help mitigate these effects. Additionally, gradual introduction into the diet can minimize digestive discomfort related to fiber intake.

Frequently Asked Questions

What are the nutritional benefits of French green lentils?

French green lentils are rich in protein, dietary fiber, iron, and folate, making them a nutritious choice for supporting muscle health, digestion, and blood formation.

How many calories are in a serving of French green lentils?

A typical 1/2 cup (about 100 grams) serving of cooked French green lentils contains approximately 115 calories.

Are French green lentils a good source of protein for vegetarians?

Yes, French green lentils provide about 9 grams of protein per half-cup cooked serving, making them an excellent plant-based protein source for vegetarians.

Do French green lentils contain dietary fiber?

Yes, French green lentils are high in dietary fiber, offering around 8 grams per half-cup cooked serving, which supports healthy digestion and blood sugar regulation.

How much iron do French green lentils provide?

French green lentils provide about 3.3 mg of iron per half-cup cooked serving, contributing to the daily iron needs and helping prevent anemia.

Are French green lentils low in fat?

Yes, French green lentils are naturally low in fat, containing less than 1 gram of fat per half-cup cooked serving.

Can French green lentils help with blood sugar control?

Yes, due to their high fiber and protein content, French green lentils have a low glycemic index and can help stabilize blood sugar levels.

Do French green lentils contain essential vitamins?

French green lentils are a good source of several B vitamins, including folate, which is important for energy metabolism and cell function.

How do French green lentils compare nutritionally to other lentil varieties?

French green lentils generally have a similar nutritional profile to other lentils but tend to hold their shape better when cooked and may have slightly higher fiber content.

Additional Resources

1. The Power of French Green Lentils: Nutrition and Health Benefits

This book explores the rich nutritional profile of French green lentils, highlighting their high protein, fiber, and essential mineral content. It delves into how incorporating these lentils into your diet can support heart health, digestion, and weight management. Readers will find scientific insights along with practical tips for maximizing their health benefits.

2. French Green Lentils: A Superfood for Modern Nutrition

Discover why French green lentils are considered a superfood in this comprehensive guide. The book covers their antioxidant properties, role in blood sugar regulation, and importance in plant-based diets. It also includes recipes and meal plans designed to enhance nutrient absorption and overall wellness.

3. Nutrition Essentials of French Green Lentils

Focusing on the essential vitamins and minerals found in French green lentils, this book provides an in-depth look at their contribution to a balanced diet. Topics include B vitamins, iron content, and the lentils' low glycemic index. Practical advice on cooking methods that preserve nutrients is also featured.

4. French Green Lentils and Their Role in Sustainable Nutrition

This book connects the nutritional benefits of French green lentils with

environmental sustainability. It discusses how choosing lentils over animal protein can reduce carbon footprints while boosting nutrient intake. Readers will learn about sustainable farming practices and how to incorporate lentils into eco-friendly diets.

5. *The Science Behind French Green Lentils and Dietary Health*

Delve into the scientific research supporting the health benefits of French green lentils. The book reviews clinical studies on their impact on cholesterol levels, inflammation, and gut health. It's an ideal resource for nutritionists, dietitians, and health-conscious readers.

6. *French Green Lentils: Nutritional Insights for Athletes and Fitness Enthusiasts*

Tailored for active individuals, this guide explains how French green lentils provide sustained energy and muscle recovery nutrients. It highlights their high protein and complex carbohydrate content, essential for workout performance and endurance. Meal suggestions and timing strategies are included to optimize athletic nutrition.

7. *Cooking with French Green Lentils: Nutritious Recipes for Every Meal*

Beyond nutrition facts, this book offers a delicious array of recipes centered on French green lentils. Each recipe is designed to retain maximum nutrients while appealing to diverse palates. It serves as a practical companion for anyone looking to improve their diet through wholesome lentil dishes.

8. *French Green Lentils in Plant-Based Nutrition*

Explore the role of French green lentils as a cornerstone in plant-based and vegetarian diets. The book details how lentils can meet protein needs and provide vital micronutrients typically sourced from animal products. It also addresses common dietary challenges and how lentils can help overcome them.

9. *French Green Lentils: A Nutritional Guide for Managing Chronic Diseases*

This book focuses on the therapeutic potential of French green lentils for managing conditions such as diabetes, hypertension, and obesity. It reviews the lentils' low glycemic index, fiber content, and nutrient density in the context of chronic disease prevention and management. Practical inclusion strategies for medical nutrition therapy are also discussed.

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french green lentils nutrition: Culinary Nutrition Jacqueline B. Marcus, 2025-05-15 Culinary Nutrition: The Science and Practice of Healthy Cooking, Second Edition is one of the first textbooks specifically written to bridge the relationship between food science, nutrition, and culinology as well as consumer choices for diet, health, and enjoyment. The book uses a comprehensive format with real-life applications, recipes, and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial, and taste-desirable products. The book includes pedagogical elements to enhance and reinforce learning opportunities; explores which foods and beverages involve the optimum nutritional values for dietary and health needs; includes specific dietary requirements throughout the lifecycle; and examines how foods and beverages are produced. The fully revised second edition includes updated dietary and health guidelines and recommendations; more vegan, vegetarian, and plant-based meals; updated protein, carbohydrate, fat, vitamin and mineral recommendations; environmental and sustainability considerations; and much more. - Explores the connections among the technical sciences of nutrition, food science, and the culinary arts, as well as consumer choices for diet, health, and enjoyment - Presents laboratory-type, in-class activities using limited materials with real-life applications of complex, scientific concepts - Includes photographs and recipes that are integrated to enhance learning experiences - Offers online support for qualified instructors and students, including an exam test bank, case studies, hands-on applications, and recipes that are suitable for a variety of settings

french green lentils nutrition: Nutrition for Foodservice and Culinary Professionals Karen E. Drummond, Lisa M. Brefere, 2016-09-05 Nutrition for Foodservice and Culinary Professionals, 9th Edition balances the perspectives of a nutritionist and a chef, offering the most up-to-date coverage of national dietary guidelines and engaging the learner in practical, hands-on application of each concept in the course. Nutrition 9th Edition is for nutrition (or "healthy cooking") courses in a culinary arts curriculum and intends to be a practical, how-to program with up-to-date information on national nutrition guidelines and standards for food preparation and labeling.

french green lentils nutrition: Pulses A. Manickavasagan, Praveena Thirunathan, 2020-05-25 World health authorities recommend people maximize their protein intake through vegetable sources (such as pulses), and reduce protein intake from animal sources. Increasing vegetable protein intake has been shown to be positively associated with the reduction of both cardiovascular-disease-related mortality and all-cause mortality. Pulse consumption has been shown to improve satiety and metabolism of glucose and lipids, due to their high protein and fiber content,

which makes their consumption ideal for preventing and managing obesity. In recent years, there has been increasing demand for pulses and pulse-based products in developed countries. Several large-scale collaborative research projects on pulse products have been initiated by government agencies. Similarly, established multinational food companies have developed pulse product units. **Pulses: Processing and Product Development** fulfills the need for a comprehensive book on processing and products of pulses. The book addresses a specific pulse with each chapter to meet a wide range of audiences from undergraduate students to consumers.

french green lentils nutrition: Ronaldo'S Kitchen the Super Power of Nutrition Ronaldo Fulieri, 2016-03-10 Each recipe is a fusion of both traditional Brazilian flavours combined with the tastes of multicultural Australia, which have inspired Ronaldo at home on the Gold Coast. With Ronaldo in your kitchen, you'll fall in love with making good food and understanding the benefits of a nutritiously packed diet and what it can do for you and your health. This is a book that will speak to everyone and is as packed with delicious food as it is with nutritional wisdom. So go ahead, turn the page and start living a nutritiously rich life today.

french green lentils nutrition: The Fabulous Fiber Cookbook Sandra Woodruff, 2021-10-08 Always considered a vital nutrient, fiber is now being appreciated more than ever before. Its benefits are many—improved digestion, protection against cardiovascular disease and diabetes, and better weight control, to name a few. But to truly profit from fiber, it's vital to get it from nutrient-packed foods like fruits and vegetables. How can you do this and still keep your dishes easy to prepare and absolutely delicious? Now, dietitian and best-selling cookbook author Sandra Woodruff makes it simple to incorporate fiber into your diet. Filled with scrumptious fiber-rich recipes—including favorites like pizza and burgers—*The Fabulous Fiber Cookbook* makes it a breeze to benefit from fiber while creating great meals. Can you have your fiber and love it, too? You can, with *The Fabulous Fiber Cookbook*.

french green lentils nutrition: Krause and Mahan's Food and the Nutrition Care Process E-Book Janice L Raymond, Kelly Morrow, 2020-05-03 - NEW! *Food-Nutrient Delivery: Planning the Diet with Cultural Competency* chapter provides international nutrition guidelines and resources to assist you with multicultural meal planning. - NEW! *Clinical: Nutritional Genomics* chapter features an author from the NIH's Human Genome Project and introduces you to the latest research about CRISPR and epigenetics. - NEW! *MNT for Neurologic Disorders* chapter features two new authors, including a speech therapist, and displays IDDSI guidelines and an appendix for dysphagia diets to help you carefully and consistently address the nutritional needs of these patients. - NEW! *Clinical: Water, Electrolytes, and Acid-Base Balance* and *Clinical: Biochemical, Physical, and Functional Assessment* chapters are updated with the most relevant and evidence-based complementary and integrative approaches to expand your expertise in these clinical nutritional areas. - NEW! *MNT for Adverse Reactions to Food: Food Allergies and Intolerance* chapter features completely revised guidelines and a new pathophysiology algorithm to ensure you are confident in your knowledge of how to prevent emergencies and what to do when emergencies do happen. - NEW! Coverage of intermittent fasting, health at every size, and health disparities focuses on the latest nutrition trends to ensure you are well-versed in these topics. - NEW! The *Mediterranean Diet*, *Choline*, and *Biotin* appendices display at-a-glance information to help you find quickly supplemental information. - NEW! *Directions boxes* and *Focus On boxes*, as well as useful websites, resources, and key terms at the end of each chapter, help you find information quickly and easily.

french green lentils nutrition: PLANT POWERED PROTEIN: Nutrition Essentials and Dietary Guidelines for All Ages Brenda Davis, RD, Vesanto Melina, MS, RD, Cory Davis, MBA, P.A.g, 2023-04-13 Discover how to meet your protein needs on a plant-based diet. Registered dietitians Brenda Davis and Vesanto Melina join agrologist Cory Davis for a deep dive into the politics and fallacies surrounding plant-based protein. Together, they present the science and studies that validate why protein derived from plants is not only comparable to protein from animal products but is also often superior to it! Readers are given a clear understanding of the role of macronutrients

and micronutrients, and how the amino acids found in protein promote healthy growth. They also learn how to determine their recommended daily allowance (RDA) for protein. The authors target specific age groups, as well as athletes and pregnant women, and offer recommendations for how to obtain all the vital protein and nutrients their bodies require. From a lower carbon footprint to plant compounds that help reduce the risk of chronic diseases, the case for eating more plant-protein is strong. Pantry suggestions, cooking tips, and thirty recipes make it easy to put this essential information into practice.

french green lentils nutrition: *Krause and Mahan's Food and the Nutrition Care Process, 16e, E-Book* Janice L Raymond, Kelly Morrow, 2022-07-30 **Selected for Doody's Core Titles® 2024 with Essential Purchase designation in Nutrition**Provide optimal nutritional care with the latest guidelines to evidence-based practice! Krause and Mahan's Food & the Nutrition Care Process, 16th Edition provides an all-in-one resource for the dietetics information you need to care for patients throughout the entire life cycle. With insight from clinical specialists, the book guides you through the steps of assessment, diagnosis and intervention, monitoring, and evaluation. It also covers nutrition in each stage of life, weight management, medical nutrition therapies for conditions and disorders, and the use of nutrition therapies in childhood. From a team of nutrition experts led by Janice L. Raymond and Kelly Morrow, this classic text has been trusted by nurses, nutritionists, and dietitians for since 1952. - UNIQUE! Pathophysiology algorithms and flow charts present the cause, pathophysiology, and medical nutrition management for a variety of disorders and conditions to help you understand illness and provide optimal nutritional care. - Clinical case studies help you translate academic knowledge into practical patient care using a framework of the nutrition care process. - Sample Nutrition Diagnosis boxes present a problem, its etiology, and its signs and symptoms, then conclude with a nutrition diagnosis, providing scenarios you may encounter in practice. - Clinical Insight boxes expand on information in the text, highlight new areas of focus, and contain information on studies and clinical resources. - New Directions boxes suggest areas for further research by spotlighting emerging areas of interest in nutrition care. - Focus On boxes provide thought-provoking information on key nutrition concepts. - Summary boxes highlight CRISPR, the Indigenous food movement, hearing assessment, health disparities, and the Health At Every Size movement, and include a tribute to Dr. George Blackburn, a respected specialist in obesity and nutrition. - Key terms are listed at the beginning of each chapter and bolded within the text. - NEW Infectious Diseases chapter is written by a new author with specific expertise in infectious disease. - NEW Transgender Nutrition chapter is added, from two new authors. - NEW! COVID-19 updates are provided in multiple chapters, each relating to epidemiology and patient care. - NEW! Information on the FODMAP diet is included in the appendix, covering the sugars that may cause intestinal distress. - NEW! Emphasis on diversity, equity, and inclusion is included in all chapters. - NEW! Updated International Dysphagia Diet Standardisation Initiative (IDDSI) information is included in the appendix. - NEW! Updated pregnancy growth charts are added to this edition. - NEW! Updated Healthy People 2030 information is added throughout the book.

french green lentils nutrition: Zero Belly Cookbook David Zinczenko, 2015-09-08 Based on Zero Belly Diet, the revolutionary bestselling weight-loss plan from NBC News health and wellness contributor David Zinczenko, creator of Eat This, Not That!, Zero Belly Cookbook is a groundbreaking collection of recipes that will teach anyone how to cook beautifully, lose weight fast, and get healthier in just minutes a day. SEE THE DELICIOUS DIFFERENCE IN JUST FOURTEEN DAYS! Strip away up to 16 pounds in two weeks with the weight-loss power of gourmet superfoods. Ever since the arrival of David Zinczenko's bestselling Zero Belly Diet—with its proven formula to rev up metabolism, melt away fat, and turn off the genes that cause weight gain—fans have been clamoring for more scrumptious, waist-slimming recipes to add to their weekly menus. Zinczenko answers the call in Zero Belly Cookbook—a collection of more than 150 quick, simple, restaurant-quality meals that will improve how you eat, feel, and live. • Metabolism-boosting breakfasts: Set your metabolism racing with the all-day fat-burning protein power of Spinach and Onion Strata and the superfood-packed Apple Pie Muffins. • Flat-belly lunches: Quell hunger with

low-calorie, belly-flattening takes on such indulgent favorites as Turkey Meatball Heroes with Onion and Peppers. • Fat-melting dinners: Celebrate easy, automatic weight loss in gourmet style with Green Tea Poached Salmon with Bok Choy or Steak Frites with Arugula Chimichurri and Asparagus. • Slimming snacks: Nibble your way slim with Spicy Popcorn, Fresh Figs and Ricotta, and Avocado with Crab Salad. • Healthy, decadent desserts: Cap off a day of perfect eating with Raspberry Poached Pears, Black Forest Cookies, or Watermelon Wedges with Whipped Cream, Walnuts, and Mint. Including tasty dishes from such celebrated chefs as Jason Lawless, Susan Feniger, Chris Jaeckle, and Anita Lo, these tantalizing, easy-to-prepare recipes are specifically designed to target the fat that matters most to your health: belly fat. Regardless of your health history, your lifestyle, or even your genes, Zero Belly Cookbook will give you the power to flatten your belly, heal your body, soothe your soul, and live better than ever.

french green lentils nutrition: Personalized Food Intervention and Therapy for Autism Spectrum Disorder Management M. Mohamed Essa, M. Walid Qoronfleh, 2020-01-31 The book focuses on implications of traditional and processed foods for autism spectrum disorder (ASD) intervention and management. Numerous phytonutrients and pharmacologically active compounds in edible natural products and diet could influence and offer protection to neuronal dysfunction that occurs due to ASD. The neuroprotective effects of various fruits, vegetables, nuts and seeds phytochemicals, and other natural bioactive ingredients against ASD and related conditions are discussed. Topics such as the possible neuroprotective mechanism of action of these foods and the therapeutic role of antioxidants in relation to ASD are addressed. This book also highlights the scope of using anti-inflammatory agents and antioxidants to promote neurogenesis and improve other symptoms in ASD. It emphasizes personalized nutritional approaches with dietary management of neurodevelopmental disorders/ASD cases. Information in this book is relevant to researchers in the field of complementary and alternative medicine, nutraceuticals, neuroscience, agriculture, nutrition, and food science. This volume is beneficial to students of varying levels, and across multiple disciplines.

french green lentils nutrition: Nutrition and Health Rosemary Wachira RD CDCES, 2021-12-13 “Nutrition and Health – Fighting Cancer, Diabetes and Heart Disease takes the reader on a journey to reconnect with the most fundamental healing tool – our food. This book will offer you an abundance of practical tips for optimal eating and living and will be an indispensable resource for you to refer to readily. Whether you are interested in weight loss, restoration, prevention, or health maintenance, you will walk away empowered and equipped with the right guidance on how to make it happen. Begin the transformation to live your best life ever now! I am honored to recommend this book for your reading.” --Dr. Lennox A. Graham Ph.D. Professor Howard University Washington DC “The author’s knowledge of nutrition benefits different cultures in both the southern and northern hemispheres, “NUTRITION and HEALTH. Fighting Cancer Diabetes and Heart Diseases” offers interesting perspectives to readers across the world, empowering them to take steps of change needed to improve their health. It is highly important for the world population to come to the realization of how critical the foods and drinks we consume are vitally important to our lives. This book shows the path and practical steps to reach sound health, leading to happy, productive, and long lives with little medical care.” --Dr. Straton BAZIRA. MD, Ph.D. (France) Pretoria, South Africa “This book has compressed together a wealth of nutrition information that is very helpful in bringing step by step change to improve one’s health. The book provides helpful nutrition tips for every reader. I like the aspect of focusing on diabetes, cancer and cardiovascular: three disease areas that have adversely impacted lives in many communities. Highly recommend this book for your reading.” --Mwangi N Mutahi, PhD Nutrition and Natural Health Specialist, Kenya

french green lentils nutrition: The Drop 10 Diet Lucy Danziger, 2012-03-20 These days, we’re constantly bombarded with trendy, restrictive diets that instruct us to “Eat only this” or “Give up that”—diets that ultimately fail when you find that you can’t sacrifice the foods you love. But now you can lose weight without deprivation: Lucy Danziger, editor in chief of SELF magazine, and her team of nutrition experts have created the ultimate flexible plan for melting off ten, twenty, or more

pounds at any age—you can see results in as little as a week! By eating more of thirty superfoods—everyday favorites like eggs, yogurt, steak, Parmesan, cherries, kiwi fruit, dark chocolate, and coffee (yes, chocolate and coffee!)—you can shed weight while naturally reducing your dependence on less healthful foods, lowering your risk for diabetes, heart disease, cancer, inflammation, and more. The food plan has room for all your can't-resist treats—you can eat them and still slim down! This revolutionary diet isn't about denying yourself; it's about indulging in delicious, satisfying foods that help trigger weight loss and instill better body health. Guiding you every step of the way, The Drop 10 Diet includes • 101 quick, tasty breakfasts, lunches, snacks, and dinners. You choose your favorites. Each meal or snack incorporates at least one Drop 10 superfood and leaves your cravings and your stomach satisfied! • 40 delicious family recipes that even a novice cook can fix. Your loved ones will never know they're eating healthfully! • 1,400 extra "happy calories" each week to enjoy on top of your Drop 10 meals and snacks. Use your happy calories for daily splurges (ice cream!) or save them up to spend for a big night out (Mexican? Bring on the nachos!). • 8 exercises you can do at home or in the gym to boost your metabolism and supercharge your weight loss. • Inspirational stories of weight loss from women just like you! Don't waste another bite on bland, strict diets that don't work. It's time to grab life by the fork! BONUS: This edition includes an excerpt from The Drop 10 Diet Cookbook!

french green lentils nutrition: Pulse Revolution Tami Hardeman, 2017-03-14 Revolutionize your diet with pulses--lentils, dry peas, beans, and chickpeas--dried legume crops that deliver powerful protein and heart-healthy benefits, in addition to being sustainably-grown. Drawing on culinary traditions from around the world, Pulse Revolution includes 150 delicious vegetarian recipes that can easily be flexed to work for vegans and meat-eaters alike. Try a meat-based twist on the White Bean Coconut Curry, flex the Red Lentil Lasagna for vegan diets, or whip up a batch of Black Bean Brownies that anybody will love! Pulse Revolution has something to offer everyone, from meat-loving omnivores to dairy-free vegans. The eBook includes: - 150 vegetarian recipes flexed to more than 400 with their vegan and meat-based variations - Mouthwatering photos of over half the recipes - Pulse profiles that highlight the preparation, cooking, and nutrition of each pulse in the book - A Pulse Exchange feature that gives readers flexible pulse swaps they can use in recipes - Wide selection of dishes from breakfast to dinner - even dessert - Innovative recipes from around the world support the UN's 2016 International Year of Pulses

french green lentils nutrition: Turn Off the Fat Genes Neal Barnard, MD, 2010-04-28 Breakthrough genetic research indicates that genes are not just on/off switches for characteristics we can't control (like gender or eye color). Some genes, including those that shape our bodies, actually adapt to outside influences. In Turn Off the Fat Genes, Dr. Neal Barnard draws on this cutting-edge research to create a revolutionary new program for activating thin genes and suppressing fat genes, a dramatic tool for sculpting away excess pounds to reveal the healthy, vital body that nature intended. In Turn Off the Fat Genes, Dr. Barnard begins by explaining the dynamics of nutrition and its impact on genetics. Once you understand how the genes that control your shape can be influenced, the next step is positive intervention. The heart of Dr. Barnard's book is a three-week gene-control program (complete with menus and recipes) specifically designed to influence the five key genes that determine: (1) which foods you prefer, (2) the strength of your appetite, (3) whether your calories are burned or stored as fat, (4) how fast you burn calories, and (5) your muscular type and ability to exercise. Dr. Barnard's program enables all of us to enjoy the same virtually effortless weight control as the naturally thin people we have always admired.

french green lentils nutrition: Superlegumes Chrissy Freer, 2016-02-02 Fresh and delicious recipes to help you harness the superfood nutrition of legumes, and prove that beans are anything but boring. In this bright and bold new cookbook, beans and pulses are the star of the show. From chickpeas to green beans, here are more than 90 recipes to show how these nutrient-packed superfoods make delicious center-of-the-plate meals. These health-bringing recipes are a mix of fresh vegetarian, meat and fish-based dishes for every meal and occasion. All of them use beans and pulses in new and inspiring ways--from Pulled Pork Black Bean Sliders, to Pea, Avocado, Walnut

and Herb Couscous; Pumpkin, Bean and Coconut soup, to Masala Beef and Red Kidney Bean Curr; Duck Breast with Pancetta, to Piri Piri Chicken with Smashed Chickpeas; Peanut Carob Button Cookies, to Double Choc Bean Brownies, or Mandarin, Pistachio and Chickpea Cake. The easy-to-follow recipes are complemented by stunning photography, showing the vibrancy and color of every dish. Superlegumes is also packed with cooking tips, serving suggestions and nutritional information for each and every legume. From breakfast through to after-dinner treats, Superlegumes serves up delicious ways to incorporate these superfoods into your diet. Who said beans are boring?

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