

WEDNESDAY WELLNESS TIPS:

5/17/17

HELLO! HERE ARE SOME HELPFUL HEALTH AND WELLNESS TIPS THAT ARE EASY TO START TODAY! CHECK OUT OUR WEBSITE FOR MORE GREAT INFORMATION! [LANSING GO!](#)



Nutrition Tip

Lentils!

- ❖ Lentils are a very healthy item in the legume family (bean)
- ❖ Lentils have the third-highest level of protein, by weight, of any legume or nut!
- ❖ They are a delicious substitute for meat in a taco or burrito!

[Delicious Lentil recipes!](#)

[What is a lentil?](#)

[Some benefits..](#)

[How to cook them..](#)

Compliments of Lansing GO, Employee Wellness Committee!