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!