

# Brown Lentils

- [Phytopedia](#)
- [LENTIL](#)



Brown lentils stop diarrhea, reduces the risk of heart disease and regulates blood sugar

## GEEK TALK

*Lens esculentus*

## BUT WE TALK

Egyptian Lentil

## DID YOU KNOW?

Coming from Central Asia, lentils are a tremendously healthy food and brown lentil is the most common type. Brown lentils range from a light brown coloring to black and are known to have a somewhat earthy taste.

They are typically round or oval-shaped and brown lentils specifically are noted for holding its shape when being cooked. The common varieties of brown lentils are Spanish brown, German brown and Indian brown and all types are relatively quick to cook.

## KITCHEN PHARMACY

- Brown lentils help the digestive tract greatly and are helpful for stopping diarrhea.
- Brown lentils are a great source of energy and help reduce heart disease risk and help regulate blood sugar.
- They are an incredible source of fiber as well as iron, folate, and magnesium.

