

Rich in Nutrients Food to Stay Healthy

Source of Foods	MacroNutrients	Details
Chicken Breast	Carbs	Chicken breasts contain no sugar or starch (unless they are prepared with breading or seasonings), so they have no carbohydrates. The estimated glycemic load of chicken breast is zero.
	Fats	Skinless chicken breast contains a small amount of fat, less than 3 grams. It is mostly unsaturated fat (there is less than 1 gram of saturated fat in a 3-ounce portion of skinless chicken breast). If you keep the skin on your chicken breast, the fat, calorie, and protein counts will all be higher. A 3-ounce (85g) serving of roasted, broiled, or baked chicken breast with skin on provides 166 calories, 6.6 grams fat, and 25 grams protein
	Protein	Chicken breasts are a good source of lean protein. For people who eat meat, consuming chicken is a simple way to meet some of your body's protein needs without also consuming a lot of fat. Depending on the cooking method you choose, chicken breasts are also naturally low in sodium.
Lentils	Protein	When combined with a whole grain, lentils provide the same quality protein as meat! Lentils are good source of protein. A ½ cup serving of cooked lentils provides about 12 grams of protein. With such high protein content, you are sure to be fuelled up all day long.
	Fibre	Just 1/2 cup of cooked green lentils packs in 32% of your days' worth of fibre! Lentils are an excellent source of fibre. In addition to gut mobility, dietary fibre is well known for many health benefits. Notably, high intake of fibre is associated with lower blood cholesterol levels and protection against developing colon cancer and Type 2 diabetes.
	Potassium	Just 1/2 cup of cooked split red lentils has 273 mg of potassium! We are so driven to reduce salt that sometimes we forget to look at the other half of the equation: getting enough potassium. Potassium can counteract the damaging effect of sodium and has been shown to lower blood pressure.