



STAY HEALTHY  BE NATURAL

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Red Lentils (Masoor dal)

Red lentils, also known as Masoor dal, is an extremely popular legume in India. They are grown throughout the country and consumed for their various health benefits. Red lentils are extremely good for the skin and can prevent problems such as rapid aging and acne.

They can also be used to lighten the skin and get rid of tans.

Red lentils promote weight loss and are very good for digestion due to the high amounts of fiber present in this lentil. Red lentils (Masoor Dal) are good for diabetics as it regulates random peaks and drops in blood glucose level. It is abundantly rich in proteins and minerals, which help to strengthen various systems in the body.

Red lentils reduce the risk of cancer due to its cancer-fighting properties and are known to reduce the risks of bowel, colon, lung and breast cancer. In addition, due to its high content of antioxidants, it is very useful for the immune system and can help prevent diseases and infections. They are full with so many nutrients that make them extremely beneficial for your health when you consume it.

Nutritional values of red lentils per 100g. You will find 116 calories. It has a total fat of 0.4 g of which there are 0.1 g of saturated fat, 0.2 g of polyunsaturated fat and 0.1 g of monounsaturated fats. This is especially good for people who are aware of their weight and want to consume low-fat food. It has no cholesterol. It has 2 mg sodium and 369 mg of potassium. Nutritional facts of red lentils include a total carbohydrate content of 20 g, of which there are 8 g of dietary fiber and 1.8 g of sugar. It has 9 g of protein in it. In addition, it also has 2% of the recommended daily dosage of vitamin C, 18% iron, 1% calcium, 10% vitamin B-6, and 9% magnesium. Red lentils do not contain any vitamin A, D, or B-12. Red lentils have a number of positive effects on the skin. To begin with, it prevents rapid aging. This is because red lentils have antioxidants present, and these prevent and minimize damage to cells and tissues that lead to rapid aging.

Red lentils for Beauty

A homemade compress with red lentils, turmeric and lemon can help lighten the skin quickly without harmful side effects. A Masoor Dal paste mixed with tomato can help remove your tan after a beach holiday. In addition, a paste made of milk-soaked red lentils can be applied to the skin on a daily basis to remove dry spots and completely nourish the skin from the outside to the inside. It also helps to restore a beautiful natural glow.

Red lentils promote weight loss. Losing weight can be a hard task, full of diets, exercises and patience and self-control. However, you can accelerate weight loss naturally without harmful side effects simply by introducing red lentils to your diet. They are extremely rich in fiber, which help your body expel waste material faster. In addition, it has a low-fat content, it will not make you gain weight. If you suffer from diabetes, red lentils are something you can greatly benefit from. It has an extremely low glycemic index, which makes it totally safe for consumption. Red lentils are also filled with fiber, which helps accelerate digestion. As a result, you can prevent random spikes and drops that occur in blood sugar levels.

Red lentils are good for bones and teeth. With age, bones and teeth become weaker and weaker, making the skeletal system more susceptible to injuries, ruptures and diseases such as osteoporosis. Therefore, it is important to maintain a healthy and balanced diet to prevent this from happening. Red lentils can be the perfect addition to your diet for the same. They are rich in minerals such as calcium, magnesium and phosphate. These minerals are known to help the growth and strengthening of bones and teeth.

Red lentils have high amounts of fiber in them, this can prove extremely beneficial for your heart. This is because, foods rich in fiber tend to help lower cholesterol in your system. This can help prevent a number of cardiovascular problems such as clogged arteries, heart disease, stroke, and clots. Red lentils are known to be extremely good for your eyes. Since they are very rich in vitamin A, C, E, copper and zinc, they can help protect and nourish the eyes and keep vision intact. It is also known to increase the immune system as they contain antioxidants. These antioxidants help fight free radicals in your system that prevents the occurrence of a number of diseases and infections in your body. It is used for cooking, soups, curries, stews and side dishes. Red lentils are used in Ayurvedic drugs due to the various health benefits it offers. Using too much of anything can't be good, and the same goes for red lentils. If too many red lentils are consumed, you can run the risk of increased flatulence, which could be embarrassing. It is also possible to develop some side effects related to amino acids, and also develop kidney discomfort. In some cases, due to the high potassium content of red lentils, people also end up developing potassium toxicity. You should always talk to your doctor before adding something new to your diet or lifestyle to make sure you don't have to deal with any negative effects.