



Legumes - source of Vegetarian Nutrients

With reference to Michael Greger M.D. FACLM on June 15, 2018



Legumes, which refer to all kinds of beans, chickpeas, split peas, and lentils, are an excellent source of many essential nutrients, vitamins, minerals, fibres, antioxidants and, not just an excellent source; perhaps the single cheapest source. In terms of nutrition density per dollar, the four that really stand out from the rest are pinto beans, lentils, black beans, and kidney beans.

All that nutritional quality may have beneficial effects on excess body weight, insulin resistance, high cholesterol, inflammation, and oxidative stress—and all “major cardiovascular risk factors.” So, do men and women who eat more beans tend to have less heart disease? Yes, suggesting that “increasing legume intake may be an important part of a dietary approach to the primary prevention of coronary heart disease in the general population”—meaning prevention of heart disease in the first place. But, maybe those eating more bean burritos are just eating fewer beef burritos? The study took that into account, controlling for meat intake, fruits and vegetables, and smoking, and exercise. And, still, the bean-eaters appeared to be protected.

Note the highest category was eating legumes four or more times a week. In Dr Greger’s Daily Dozen (as you would have seen in Aug 2021 Healthbites), He recommends people eat legumes three times—a day! In Costa Rica, they were able to find enough people eating beans every day. Even after controlling for many of the same things, like intake of saturated fat and cholesterol, one bean serving a day was “associated with a 38% reduction in the risk of heart attack.” But do you actually get to live longer too? Yes, apparently so: an 8% lower all-over cause of mortality, again after adjusting for other dietary factors.

“And, not just an excellent source; perhaps the single cheapest source, in terms of nutrition density per dollar.”



Lentils for Healing a Leaky Gut

nutritionfacts.org Dec 20, 2021
A significant improvement in gut leakiness improves with a dose of just three milligrams of zinc, suggesting that even relatively low zinc supplementation may work. You can get three extra mgs of zinc in your daily diet eating a cup of cooked lentils.

Meat Substitutes and Hip Fractures

nutritionfacts.org February 8, 2021
Daily intake of plant-based meats appeared to reduce the risk of hip fracture by nearly half; but daily legume intake—beans, split peas, chickpeas, and lentils—may drop risk of hip fracture by even more, nearly two thirds.

Less Meat, and More Plant Foods to Improve Health

Chair of Nutrition at Harvard:
nutritionfacts.org July 20 2022
"To improve human and planetary health as a side-bonus, dietary guidelines should continue to emphasise dietary patterns low in red and processed meats and high in minimally processed plant foods such as fruits and vegetables, whole grains, nuts, and legumes (beans, split peas, chickpeas, and lentils)."

Best Diet for Diabetes

nutritionfacts.org April 3, 2019
Diets centered around plants, emphasising legumes—beans, split peas, chickpeas, and lentils—whole grains, vegetables, fruits, nuts, and seeds, and discouraging "most or all animal products...are especially potent in preventing type 2 diabetes," and as a little bonus, "have been associated with much lower rates of obesity, hypertension, hyperlipidemia, cardiovascular mortality, and cancer." And not just preventing type 2 diabetes, but treating it as well. A systematic review and meta-analysis found that the "consumption of vegetarian diets is associated with improved blood sugar control."

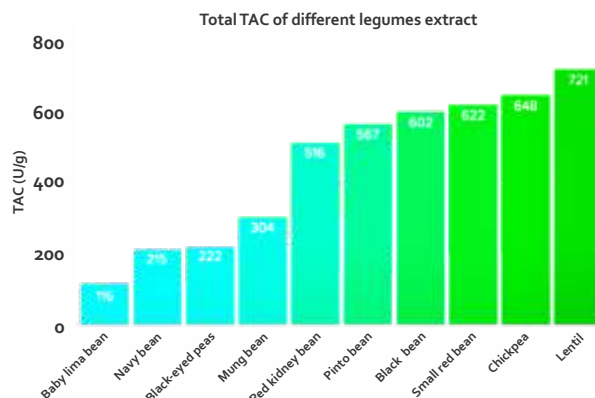


Antioxidants & Lentils

With reference to Michael Greger M.D. FACLM on August 10, 2018

If you compared the total antioxidant content (TAC) of these ten different legumes, which do you think would come out on top? Pinto beans, lima beans, red kidney beans, navy beans, small red beans, black-eyed peas, mung beans, lentils and chickpeas were put to the test.

Coming in at #10, bottom of the barrel, lima beans, then navy beans, both pretty low. Then black-eyed peas, then mung beans, which is what they typically make bean sprouts out of. Then moving into the winners' circle, kidney beans. Next, black beans, and in 3rd place small red beans following chickpeas in 2nd place, and it's lentils for the win! Lentils pull away from the pack in terms of scavenging up free radicals. Lentils topped the charts based on a variety of different measures, maybe because they're so small, and the nutrients are concentrated in the seed coat.



Savoury Lentils

Available in-store or online while stock lasts



\$5.40^{ea}
Box of 6
\$29.70

Comes in a savoury tomato and onion sauce creating a full burst of flavour and a convenient high fibre addition to your recipes.

Ingredients:
Water, Lentils (17%), Onion, Tomato Paste, Salt, Colour (Caramel 150c), Curry Powder (Garlic)



Savoury Lentil Fritters (Gluten Free)



Ingredients:

1c	chickpea flour	1/2t	garlic & herb salt
3/4c	water	1t	raising powder (opt)
1 tin	savoury lentils		

Method:

Wisk the chickpea flour and water into a smooth batter.

Mix in the remaining ingredients.

Place large spoonfuls into a lightly oiled frypan. **Cook** at a medium temperature until set. **Flip** over until lightly brown on both sides. **Enjoy**

Can replace chickpea flour for whole wheat flour, also water with dairy free milk.

Great for burgers/sandwiches or eating as is.

