



Pulses

2016 is the International Year of the Pulses!

Pulses, also known as legumes, come in a range of colours, shapes and sizes, and varieties include kidney beans, lentils, chick peas, split peas, navy beans, lima beans, mung beans, butter beans, and field beans to name a few! Pulses provide protein, carbohydrates, fibre, vitamins and minerals. Research has suggested that regular consumption of pulses may help to lower blood pressure and reduce LDL (bad) cholesterol levels. The high fibre content also benefits for digestive tract health.

Pulses are a versatile ingredient that can be used in a range of different recipes. If choosing canned varieties, drain and rinse them to remove excess salt used to preserve the product. Here are some ways to incorporate pulses into your diet:

- * Add lentils or kidney beans to soup
- * Extend casseroles or minced-based dishes by adding 4-bean mix
- * Put a small tin of chickpeas in a salad
- * Add kidney beans to burritos
- * Make your own hummus with chickpeas, garlic cloves, olive oil and tahini

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