



Legumes

Legumes (also known as pulses) are a group of plant foods which aren't just for vegetarians! They contain a wide variety of nutrients and are for everyone to include as part of a balanced diet. Examples of legumes include: split peas, kidney beans, baked beans (navy beans), soybeans, chickpeas, four bean mixes and lentils.

They are high in two types of fibre; insoluble fibre which helps to keep our bowel healthy and soluble fibre which helps lower cholesterol levels. Legumes are a good source of carbohydrate and have a low glycaemic index (GI), which means they are digested more slowly, so you feel fuller for longer. As well as carbohydrate, legumes also contain protein, making them an ideal base to a vegetarian dish or a substitute for meat.

You can buy lentils in the supermarket either dry (which need to be soaked before cooking) or in a can. Including legumes into your healthy eating plan doesn't mean you have to eat completely different meals. Add them to your favourite casserole, curry or spaghetti bolognese recipe.

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