

Nutritional Benefits of pulses

Chickpeas, lentils, haricot beans or butter beans, peas, broad beans and soya beans.



Consumption of pulses in Spain

The '60s
13 kg



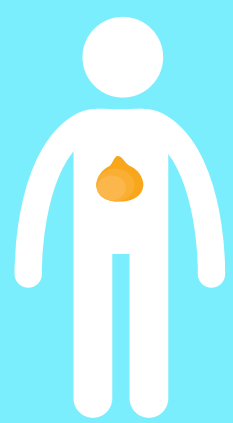
The '80s
8,7 kg



We now consume
3,1 kg

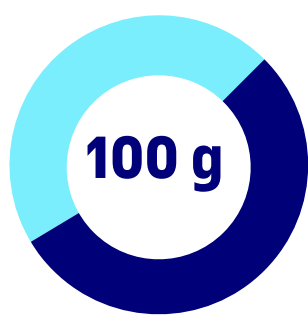


kg per person/year



Nutritional properties

Carbohydrates



48 - 54 g

Fibre



11 - 15 g

Protein



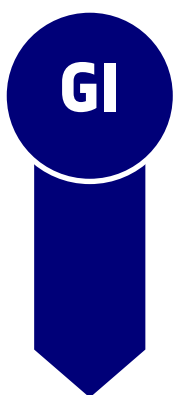
19 - 39 g

Fat



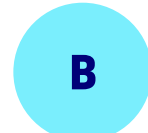
1,4 - 3,4 g

Complex carbohydrates



Low glycemic index

Vitamins



Zinc



Iron



Phosphorus



Magnesium



Potassium

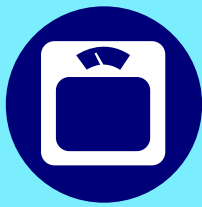


Calcium

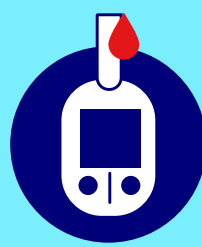
Health benefits



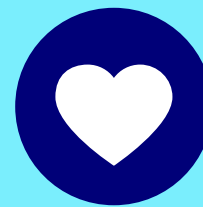
Improve the intestinal transit and are filling.



Aid Weight control.



Are suitable for diabetics.

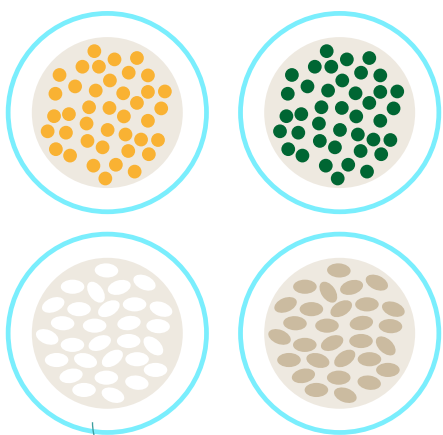


Help reduce cholesterol and reduce the risk of cardiovascular diseases.



Gluten-free.

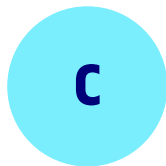
Recommended intake



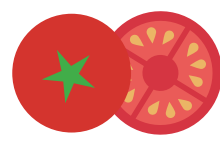
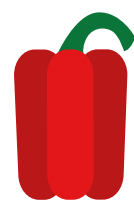
3-4 servings per week

Serving of 60-80 g uncooked or 150-200 g cooked

Vitamin



Vitamin C aids the absorption of the iron in pulses; eat them in a salad of peppers, tomatoes, and so on, or with fruits like oranges, kiwis and strawberries.



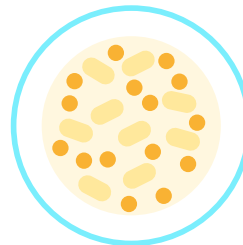
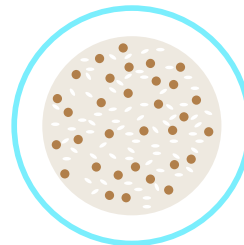
Avoid drinking tea or coffee, since it reduces the organism's capacity to absorb iron and other minerals.



Cereals



Combine pulses with cereals to obtain proteins with a greater biological value.



You could cook lentils with rice or pasta soup with chickpeas, for example.

How should I eat lentils?

Hot options:

stews, casseroles, soups



Cold options:

salads, vegetable salads, pastes (such as humus)

