

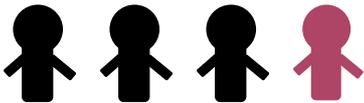
MEDIA FACT SHEET



Wednesday 20 May, 2015

3 OUT OF 4 AUSTRALIANS

DON'T EAT ENOUGH LEGUMES'



**AUSTRALIANS
NEED TO INCREASE THEIR
LEGUME INTAKE BY ALMOST**

5

**TIMES
TO MEET RECOMMENDATIONS**

Australian Dietary Guidelines

LEGUMES: A HEARTY WINTER HERO

New research reveals that Australians aren't eating nearly enough legumes and two thirds (65%) of Australians simply don't think of including legumes in their diet.¹

The truth is, legumes are the winter diet hero. Not only can they help you to avoid stacking on extra kilos and keep colds and flus at bay as the chilly weather hits, they also reduce your risk of heart disease.

The Grains & Legumes Nutrition Council (GLNC) recommends we enjoy legumes 2-3 times every week. This is because they are packed full of nutrients essential for health and wellbeing such as protein, low glycemic carbohydrates, dietary fibre, minerals and vitamins including B vitamins, iron, zinc, calcium and magnesium.

A recent Australian study found that middle-aged people who ate legumes at least twice a week were 20 per cent less likely to die from cardiovascular disease including stroke or heart attack.² Another good reason to boost the beans, chickpeas, lentils, lupins and dried peas in your diet!

Michelle Broom, GLNC General Manager and an Accredited Practising Dietitian, says core legumes are an important part of a healthy diet but most Australians don't even come close to consuming the recommended amount.

As the colder weather approaches, it's the ideal time to tweak your diet.

"For a long time legumes have been a misunderstood and under-utilised ingredient in Australian family cooking. Home cooks have told us they don't know how to prepare them and don't realise their health benefits.

"Legumes are a good source of protein with the added benefit of fibre and other essential nutrients. They are the perfect ingredient to add to your favourite winter dishes to boost nutrition, help avoid excess weight gain and give you a spring in your step," Ms Broom said.

Trendy legumes you'll see on the menu this winter include chickpeas, red lentils, kidney beans, navy beans and split peas.

For more information about types of legumes and their benefits, visit:
<http://www.glnc.org.au/legumes-2/types-of-legumes/>

The Lowdown on Legumes: 5 Reasons to Love Them

1. **Beans are key to heart health:** Eating legumes twice a week reduces risk of death from heart disease.²
2. **Feel good on the inside:** Legumes are abundant in fibre, which is essential for gut health.
3. **Enjoy immediate benefits:** Legumes contain protein for muscle maintenance and iron for a healthy immune system.
4. **Avoid extra winter kilos:** Eating legumes helps you feel fuller for longer as they contain soluble fibre, protein and are low GI, all of which may help promote satiety.³
5. **Stop worrying about wind:** Eating legumes more regularly tends to decrease flatulence. Thoroughly rinsing canned legumes and soaking dried legumes before use will also decrease digestive issues.



**Grains &
Legumes
Nutrition
Council**

Cultivating Good Health

For more information:

Visit our Newsboost page at: <http://www.newsboost.com/newsroom/grains-legumes-nutrition-council>

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4 TRENDY LEGUMES FOR THE WINTER MENU

It's easy to start cooking with legumes.

Here are four trending legumes that are making a comeback with tips on how they can be used in the kitchen.

CHICKPEAS

Chickpeas contain essential minerals such as iron, zinc and calcium, which help support immunity and strong bones and teeth. Chickpeas are easily added to salads, soups and casseroles or can be roasted for a [Crispy Chickpea Snack](#). They go particularly well with Middle Eastern cuisine and feature in our [Moroccan Chickpea Basmati Rice Pilaf](#) recipe.



RED LENTILS

Red Lentils have a low glycemic index, meaning they are absorbed slower so they can help you feel fuller for longer. Unlike other legumes, red lentils don't need to be soaked prior to cooking. This makes them easy to use for soups and curries and feature in our [Spaghetti Bolognese with Red Lentils](#) recipe. They're also the perfect addition to any homemade soup; why not try our [Moroccan Red Lentil and Chickpea Soup](#) recipe.

RED KIDNEY BEANS

Red Kidney Beans are packed with essential fibre, providing over 20 per cent of the daily recommended fibre intake for young children (up to 13 years). Fibre is essential for maintaining digestive health and it's so easy to boost your intake by adding kidney beans to your favourite dishes. These beans feature in our [Minestrone Soup with Red Kidney Beans](#) recipe.



NAVY BEANS

Like many other legumes, Navy Beans (or Baked Beans) contain virtually no fat and are rich in fibre, B vitamins and protein. More people eat baked beans than any other legume, with 10 per cent of Aussies including them in their diet. Although this bean is well known to be accompanied with toast, there are many other ways to experiment with this kitchen staple such as our [Mediterranean Bean Pizza](#) recipe.

Visit www.glnc.org.au for more information on the nutrition and health benefits of eating grains and legumes.

This information has been developed by the Grains & Legumes Nutrition Council™ for general nutrition education. For individualised advice see an Accredited Practising Dietitian (APD). Visit www.daa.asn.au to find a dietitian near you. ©2015 Grains & Legumes Nutrition Council Ltd. All Rights Reserved.

References:

- ¹ Australian Grains & Legumes Consumption & Attitudinal Study: Project Gladius. Grains & Legumes Nutrition Council. *n* = 3,031 Australians aged 2 to 70 years. Unpublished: 2014. Released April 2015
- ² J. Russell & V. Flood, *Regular Consumption of Legumes Reduces the Risk of Cardiovascular Mortality*, 2014. Data from 40,625 participants was analysed. Baseline data was collected from 1990-1994; mortality data was matched up to December 2009.
- ³ Li SS, Kendall CW, de Souza RJ, Jayalath VH, Cozma AI, Ha V, et al. *Dietary pulses, satiety and food intake: A systematic review and meta-analysis of acute feeding trials*. *Obesity*. 2014; 22(8):1773-80