



HEALTH BENEFITS OF DRY BEANS, PEAS & LENTILS

HELP PREVENT CHRONIC DISEASE

Studies over the last 20 years have confirmed that eating dry beans, peas and lentils regularly, i.e. at least 4 times per week, can help prevent chronic disease, including heart disease, high blood pressure, diabetes, cancer and overweight as well as improving gut health.



PACKED WITH HEALTHY NUTRIENTS

Dry beans, peas and lentils provide a valuable and cost-effective source of protein, some vitamins, plant-based iron and other substances that have anti-cancer properties. They are rich in slowly digested starch and fibre, helping to control blood sugar levels.

They are low in sodium, fat and have no cholesterol.



WHY CHOOSE DRY BEANS, PEAS AND LENTILS?

1

They can be used instead of meat or added to meat as a meat extender.

2

They can be used in many dishes – in salads, soups and stews.

3

They don't require refrigeration to be stored before being cooked.

4

They help the environment as they are water-efficient and help to keep the soil fertile and healthy.



COOKING TIPS



Soaking overnight in plenty of water will reduce cooking time and help to reduce bloatedness.



Don't use the soaking water to cook with. Drain and rinse canned beans, chickpeas or lentils.



Try not to cook dry beans, peas or lentils together as each has its distinct cooking time.



Dry beans, peas and lentils should be thoroughly cooked until they are tender and drained well.



Use a large enough pot and cover with enough water as they increase 2 – 3 times in size.



Add seasonings such as bay leaves, onion, garlic, pepper corns when starting cooking.



Add tender herbs and spices near the end of the cooking process.



Leave salt and acidic condiments until after cooking as it can harden beans and slow down cooking.



Save energy by using a wonderbag or haybox to cook dry beans, peas and lentils!



Microwaving does not reduce cooking time for dry beans, peas and lentils.