

MAY

# BEANS (LEGUMES, PULSES)

Beans are a rich source of dietary fibre  
Beans are also a good source of B Vitamins, Calcium,  
Potassium and Folate

Beans and other legumes offer complex carbohydrates, which we need to power our bodies.

They contain essential fatty acids (omega-6s, and in the case of soybeans, omega-3s)

Combine beans or lentils with grains like barley, oats, and rice, and complete proteins are formed, making them a good source of this vital nutrient for people for non meat eaters.

