



LEGUMES



What are legumes?

Their seeds ripen in pods.
They can be a vegetable
substitute for protein in
the diet.

What types of legumes do you know?

Chickpeas, lentils (green,
red, yellow, black), **soybean,**
beans (white, red, black
and others), **peas, broad**
beans.



How many **times a week** do
you need to eat legumes to be
healthy?

↓
2-3 TIMES A WEEK
or more!



What is important for our health?

- All legume seeds are a source of protein, which is a building material of our body.
- All legumes contain fiber, which ensures good digestion. We appreciate legumes for their high satiety index - they give us a feeling of being full even after consuming a small portion.
- Contain complex carbohydrates, which should be the main source of energy.

WHY ARE LEGUMES AN IMPORTANT ELEMENT OF HEALTHY DIET??

Because they are a source of
wholesome protein, trace elements and
fiber. Thanks to them we can limit the
amount of meat in the diet.