

Things I like to eat:

Beans

Summary: I have beans in at least one of my meals every day. I have them in my hummus (as mentioned), in soups (as mentioned), in healthy turkey chili, and on top my salads or as the main ingredient in a salad. I have actually included them in some baked goods. They are type of Legumes — a class of vegetables that includes beans, peas, peanuts, and lentils — which are among the most versatile and nutritious foods available. Many consider them to be a “superfood”. See Type of Beans. They are highly nutritious in large part due to their high fiber content. That's important because most Americans don't get the recommended 25 to 38 grams each day. Fiber is important for health for many reasons. High fiber diets can improve heart health, improve gut health, improve immunity, help stabilize cardiometabolic abnormalities. Beans are rich in soluble fiber, which is a kind of fiber that turns into a watery gel in your stomach. This gel absorbs cholesterol, especially “bad” LDL cholesterol, before your body can. Lower cholesterol levels help prevent problems like heart disease and stroke. Beans are a great way to get low-fat, low-calorie protein. One cup gives you almost 15 grams. They also contain the minerals iron, potassium, zinc, and magnesium. Canned beans have many of the same nutrients, though home-cooked beans may have slightly more. They make you feel full, which is great when trying to lose weight. All beans are healthy. Please see list. See Bean Salad Recipes



Chickpeas

Also known as garbanzo beans, chickpeas are a great source of fiber and protein. One cup (164 grams) of cooked chickpeas contains (Calories: 269

- Protein: 14.5 grams
- Fat: 4.25 grams
- Carbohydrates: 45 grams
- Fiber: 12.5 grams
- Folate (vitamin B9): 71% DV
- Copper: 64% of the DV
- Manganese: 73% of the DV
- Iron: 26% of the DV