

MINUTE NUTRITION NEWS

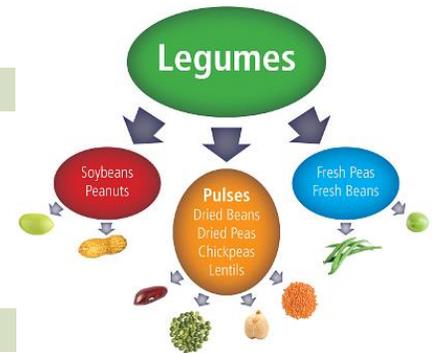
October 2013

Pulses: The Latest “Superfood”

Pulses are the latest “superfoods” that are gaining popularity amongst health-conscious consumers. What are pulses? What are their nutritional benefits? Read on to find out!

What are pulses?

Pulses are a type of legume. Legumes are plants that carry their fruit or seed in a pod, such as soy beans, peanuts, fresh peas and beans. Pulses are another example, but they only refer to the dried seeds found in the pods. The four types of pulses are dried beans, dried peas, chickpeas and lentils.



Types of Pulses

| Bean Types | Lentil Types |
|--|---|
|  Black Turtle |  Eston Class |
|  Cranberry |  French Green |
|  Dark Red Kidney |  Laird Class |
|  Dutch Brown |  Red |
|  Great Northern |  Richea Class |
|  Light Red Kidney |  Spanish Brown |
|  Pink | Pea Types |
|  Pinto |  Austrian Winter Peas |
|  Small Red |  Green Peas |
|  White Kidney |  Maple Peas |
|  White Pea |  Marrowfat Peas |
| |  Yellow Peas |
| | Chickpea Types |
| |  Desi |
| |  Kabuli |

Pulses are a Nutritional Powerhouse

Fibre - One cup of pulses can provide up to 45-80% of your daily fibre requirement depending on the needs of your age and gender. Getting enough fibre can help with weight control by increasing the feeling of fullness after a meal. It can also help with maintaining a more stable blood sugar level and help reduce your cholesterol.

Complex Carbohydrates – Pulses contain other complex carbohydrates besides fibre. These carbohydrates get digested as our body’s main source of fuel. However, this happens slowly so that it helps us maintain a more stable blood sugar level.

Protein – Pulses belong to the meat and alternatives food group in *Eating Well with Canada’s Food Guide* and is an excellent source of protein. Combining it with cereals (wheat, oats, barley, rice) and nuts can help provide protein that is comparable to eating meats and poultry...with one extra perk. Pulses are lower in fat making it a more weight-friendly and heart-healthy alternative.

Vitamins and Minerals – Pulses contain a large number of other important nutrients including iron, potassium, magnesium, zinc, and some B vitamins including folate, thiamin and niacin.

RECIPE OF THE MONTH

October 2013

Milky Carrot Lentil Soup



Serves 2

Preparation time: 45 minutes

Ingredients:

| | |
|----------|-----------------------|
| 1 tsp | margarine |
| 1 large | carrot, diced |
| ½ | onion, finely chopped |
| 1 clove | garlic, minced |
| 1/8 tsp | dried rosemary |
| 1 ½ cup | water |
| ½ cup | dried lentils |
| 2 tbsp | all purpose flour |
| 1 cup | milk |
| ¼ tsp | salt |
| 1 tbsp | lemon juice |
| To taste | pepper |

| Nutrition Facts (values are approximate) | |
|--|---------------|
| Per serving | |
| Amount | % Daily Value |
| Calories 300 | |
| Fat 4 g | 6 % |
| Saturated 0.8 g + Trans 0 g | 4 % |
| Cholesterol 6 mg | |
| Sodium 382 mg | 16 % |
| Potassium 838 mg | 24 % |
| Carbohydrate 49 g | 16 % |
| Fibre 7 g | 28 % |
| Sugar 11 g | |
| Protein 18 g | |
| Vitamin A | 20 % |
| Vitamin C | 18 % |
| Calcium | 19 % |
| Iron | 31 % |

**Recipe analyzed with www.eatracker.ca

Directions:

1. Heat margarine in a pot over medium heat. Add in carrots, onion, garlic and rosemary and cook until onion is softened.
2. Add lentils and water. Cover and boil for 15 minutes or until lentils and carrots are soft.
3. Reduce boil to a simmer. Whisk flour in milk and gradually stir into pot. Continue stirring until slightly thickened (do not let boil).
4. Stir in salt, lemon juice and season to taste with pepper.

Recipe adapted from <http://www.dairygoodness.ca/getenough/recipes/carrot-lentil-soup>

Got questions?

Meet the clinic's Registered Dietitian on October 8th, 2013
from 10 am to 12 pm during the recipe demonstration!