



# Here's to Your Health!

At *Bruin Plate*, we offer you a menu of fresh and wholesome food choices. Discover how the foods we prepare for you are not only delicious, but also beneficial to your health!

## »LEGUMES«

### What is a Legume?

Legumes are the edible seeds of pods that split open when ripened. Well-known examples of legumes include beans, lentils, peas, peanuts, and soybeans.

### What are the Health Benefits?

Legumes are a good source of protein. They are rich in fiber, iron, zinc, potassium, and folate. Research suggests that the nutrients and phytochemicals found in legumes may help to reduce the risk of chronic conditions such as:

- **Cardiovascular Disease** — Due to its high soluble fiber content, legumes help lower cholesterol levels, in addition to increasing magnesium and potassium levels, which are minerals critical to controlling blood pressure.
- **Type 2 Diabetes Mellitus** — Legumes are considered to be low-glycemic index foods, meaning they do not rapidly raise blood glucose levels. They help decrease insulin secretion and delay the return of hunger after a meal. Multiple studies have shown that diets rich in low-glycemic foods reduce the risk of Type 2 Diabetes Mellitus.

### Legumes Served at Bruin Plate:

- Anasazi Beans
- Black Turtle Beans
- Black Valentine Beans
- Calypso Black Beans
- Cannellini Beans
- Garbanzo Beans  
(also known as Chickpeas)
- Great Northern Beans
- Kidney Beans
- Red Hidatsa Beans
- Snow Cap Beans



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