



Don't skip out on the Legumes

Legumes are a great source of nutrients and can be a valuable part of a whole food, plant-based (WFPB) diet. In terms of macronutrients, legumes generally provide a good balance of carbohydrates, protein, and fat. Here is a rough breakdown of the macronutrient composition of legumes:

Carbohydrates: Legumes are primarily composed of carbohydrates, which are an important source of energy. On average, legumes contain around 60-70% carbohydrates. These carbohydrates mainly consist of dietary fiber, which is beneficial for digestive health and helps regulate blood sugar levels.

Protein: Legumes are an excellent source of plant-based protein. They typically contain around 20-30% protein, making them a valuable protein source for those following a WFPB diet. Legumes provide all the essential amino acids needed for proper nutrition, making them a great alternative to animal-based protein sources.

Fat: Legumes generally have a low fat content. On average, they contain around 2-5% fat. Most of the fat in legumes is unsaturated fat, which is considered heart-healthy. Legumes also contain some essential fatty acids, such as omega-3 and omega-6 fatty acids.

It's important to note that the macronutrient composition may vary slightly depending on the specific type of legume. Nonetheless, legumes are generally a nutritious and versatile food group that can provide a range of essential nutrients when included in a balanced WFPB diet.

*****See the WFPB list of foods document for serving recommendations.**