



NUTRITION TIPS

Protein Group - Beans

Maximizing its Health Benefits

Beans are extremely beneficial in all diets. They contain high protein level, complex carbohydrates and dietary fibre. Dry beans are low in fat, calories and sodium. They are completely



cholesterol-free which is beneficial for obese or diabetic children. More insulin receptor sites which take the insulin to the cells that need it are created by soluble fibre contained in beans. To get the full benefit of beans, add a very small amount of vegetable oil to eliminate saturated fat. Salt should be avoided by making use of other seasoning like garlic, onion and pepper and the addition of baking powder should be avoided because it destroys the b-vitamins and alters the beans taste. Longer cooking with the addition of garlic may help with digestibility of sugar contained in beans and reduce flatulence significantly.

Health benefits

Dried beans is a primary source of protein which the body converts into amino acids. Amino acids make up and repair muscle and bone tissues. Protein also fights infections, aids in healing wounds and regulates enzymes



Dried beans remains the staple food in many parts of the world. Though the assortment of beans are known by several names, it can be eaten fresh, dried or ground into flour.

Experts proclaim that those who eat beans consume more vitamins and minerals than those who do not.

The powerful Nutrition Provider

Beans contains complex carbohydrates including the best carbohydrates for maximum energy to the muscles and brain. The energy provided is released slowly into the child's blood stream therefore providing continuous vigour. A cup of beans provide 15 percent of carbohydrates a child needs daily. These complex carbohydrates provide only half calories of fat and are absorbed more slowly than other simple carbohydrates. Its slow absorption rate keeps a child's hunger satisfied for a longer period of time. Beans also contains calcium needed by children for building a strong skeleton. Calcium is necessary to maintain bones. It also prevents osteoporosis in adulthood. An abundance of potassium is found in beans. Half a cup of cooked dry beans contains 480mg of Pottasium. Naturally low in sodium, beans is the best source of an important vitamin B folate which helps in proper cell development in early stages of pregnancy.

Nutrition Benefits

Beans is also one of the best sources of dietary fibre which promotes healthy digestive tract. This is because soluble fibre helps the body handle fats, cholesterol and carbohydrates. This, in turn, reduces the risk of illness like cardiovascular disease.

Its is best to encourage children to drink plenty of liquids when adding more fibre to thier diet to help reduce the natural side effect of digesting fibre rich foods.

Dry beans which is free from artificial colours, flavours and preservatives also is a source of lean protein. This lean protein provides protein with a small amount of polyunsaturated fat.



** For more information on child nutrition*

Visit the Olu Akinkugbe Foundation
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