

"P" is for Pulses

Definitions:

Pulses are part of the legume family – the main difference between pulses and legumes is that pulses are dried before they are eaten (so fresh peas are legumes; dried peas are pulses)

- Pulses or peas, beans and lentils are classified as "legumes". They are high in protein, fibre, and carbohydrates, fresh peas contain more sugar than those which are dried.
- Legumes /Pulses are in the same allergen family as peanuts so some people who have an allergy to peanuts may also have a reaction to pulses. (Cross -reactivity)
- Pulses are gluten-free but for some people they may be difficult to digest as they are high in fibre.
- Protein is composed of amino acids and there are 9 amino acids which are essential in our diet. Unlike animal protein, plant based proteins are not classified as "complete proteins" which means that they are usually lacking in one or more essential amino acid.
- Research shows that as long as we eat a variety of protein sources throughout the day it is not necessary to eat complete proteins at every meal.

PEA is for PROTEIN

Pea protein is an extract from split peas and food manufacturers are adding it to a variety of foods like including vegan products, energy bars, chips, meal replacement shakes, veggie burgers and even breakfast cereals. It has gained recent popularity.

The less desirable aspect of pea protein powder is that it has a gritty texture. It tends to work best in smoothies with a variety of other ingredients or in protein -enriched recipes using products that overcome that problem.

Pea protein is safe for most people but overdoing total protein intake can cause side effects such as weight gain, and impaired liver and kidney function.

Protein foods like meat, fish, poultry, eggs and legumes are high in protein but also contain a wealth of other important nutrients .It is essential to eat a balanced diet which contains all of the necessary nutrients to stay healthy.

Types of lentils:

- Black (BELUGA) Lentils are the most nutritious, with the highest protein content.
- Red/Yellow Lentils
- Brown Lentils
- Green Lentils (and PUY Lentils)

"L" is for LENTILS

The lentil is an edible legume. It is an annual plant known for its lens-shaped seeds. It is about 40cm tall, and the seeds grow in pods usually with two seeds in each. As a food crop, the largest producer is Canada.

Lentils are:

- ✓ Protein-dense
- ✓ High fibre
- ✓ High in folates
- ✓ Iron rich
- ✓ Low fat

Did you know that:

- ✓ A single serving of lentils contains more potassium than a large banana.
- ✓ Lentils are virtually fat-free which means they can be paired up with fattier ingredients like avocado or olive oil without the guilt!

Pulses in Pasta

Many different types of pulses are now being used to produce pasta. Whilst pulses themselves are gluten-free, always check the label for the full ingredients.

Here are some examples: -

Edamame Bean Spaghetti, Chickpea Penne, Red Lentil Penne, Chickpea & Cereal Tagliatelle, Fava Bean Fusilli

What Is "BANZA?"

Banza is Chickpea pasta! It is made from chickpeas ground into flour. Some brands use only chickpea flour, but others add ingredients like lentil flour, brown rice flour, tapioca starch,xanthum gum and pea protein. It's available in a variety of shapes including spaghetti, rotini and penne!

<https://foodallergyaware.co.uk/resources/factsheets/>