

## **Chickpeas**

Chickpeas are affordable, versatile, and highly nutritious. They may aid weight management, protect against chronic disease, and promote several other aspects of health.

Chickpeas, also known as garbanzo beans, have been grown and eaten in Middle Eastern countries for thousands of years.

Their nutty taste and grainy texture pair well with many other foods and ingredients.

As a rich source of vitamins, minerals, and fibre, chickpeas offer a variety of health benefits, such as aiding weight management, improving bone health, as well as digestion, and reducing your risk of disease.

Additionally, this legume is high in protein and makes an excellent replacement for meat in many vegetarian and vegan dishes.

A 1-cup (164-gram) serving provides about 14.5 grams of protein, which is comparable to the protein content of similar foods like black beans and lentils.

Chickpeas contain all of the essential amino acids except methionine. This legume is a particularly good source of the mineral manganese and the B-vitamin folate.

A review found that those who ate at least 1 daily serving of legumes, such as chickpeas, lost 25% more weight than those who didn't eat legumes.

Chickpeas' fibre and protein content, plus their relatively low-calorie density, may help you maintain a healthy weight.

Chickpeas help regulate blood sugars. They have a low GI and are a great source of fibre and protein — all properties that support healthy blood sugar management.

Chickpeas are high in fibre, which benefits your digestion by supporting bowel movements and increasing the number of healthy bacteria in your gut.

Chickpeas may help prevent some chronic illnesses, including heart disease, cancer, and type 2 diabetes.

Thanks to their impressive nutrient profile, chickpeas may support brain function and mental health. This is partly because they're a great source of choline, which plays an important role in brain function.

Research shows that several nutrients found in these legumes, including magnesium (a key mineral for nerve function), selenium, and zinc, may help protect against depression and anxiety.

### **SUMMARY**

Chickpeas are rich in nutrients that may support brain health, including choline, magnesium, selenium, and zinc.

Chickpeas are an excellent source of iron, packing around 26% of the Daily Value into 1 cup (164g)

Chickpeas also contain some vitamin C, which may help boost your body's iron absorption.

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