

# TOP TIP

## BENEFITS OF LEGUMES:

- They are great sources of fibre, carbohydrates and protein.
- They contain B vitamins, iron, copper, zinc, magnesium, phosphorus and manganese.
- They are free of saturated fats and cholesterol.
- They have a low glycemic index which helps keep your blood sugar level even.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4608274/#:~:text=They%20provide%20fiber%2C%20protein%2C%20carbohydrate,are%20cholesterol%20free%20as%20well>

TRY ME!



**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)