for your health

Peas, Beans, Lentils and Cancer

The 2005 Dietary Guidelines for Americans, developed by the USDA, recommend eating three cups of legumes per week, including beans, peas, lentils and chickpeas.

Research has shown that diets including beans and other pulses in your diet may reduce risk of heart disease and certain cancers.

Pulses are a great fit for a healthy eating pattern as recommended by the USDA's food pyramid (My Pyramid) and Canada's Food Guide to Healthy Eating.

- Cancer is the second leading cause of death in North America after heart disease, accounting for almost one in every four deaths.[1,2]
- A number of organizations recommend pulse consumption as part of a diet to reduce risk of cancer. These include the United States Food and Drug Administration, the American Institute of Cancer Research, the Canadian Cancer Society and the World Cancer Research Fund.[2-4]
- When consumed in sufficient quantities, pulses may be protective against cancer. Epidemiological evidence supports this link however more clinical studies in humans are required to confirm these observations.[5]
- Researchers have attributed the anti-carcinogenic effects to various components present in pulses, including dietary fibre and folate.[5,6]
- Pulses are an excellent source of dietary fibre.[7] In general, one cup of pulses can provide approximately half of a person's daily fibre requirement.[8] High fibre diets have been correlated with lower incidence of certain cancers.[9]
- Regular consumption of pulses contributes significantly to the 400 micrograms/day of dietary folate currently recommended by health organizations.[10] Adequate folate intake has been correlated with a reduced risk of certain cancers.[11]
- Other potential anti-cancer components in pulses include selenium, saponins, isoflavones, protease inhibitors, lectins, phytates, and zinc.[5,6]

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EXAMPLES OF POTENTIAL PROTECTIVE COMPONENTS AGAINST CANCER IN PULSES[5]

Nutrients	Phytonutrients
Resistant starch	Protease inhibitors
Non-starch polysaccharides (Fibre)	Saponins
Oligosaccharides	Phytosterols
Folate	Lectins
Selenium	Phytates
Zinc	-

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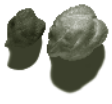

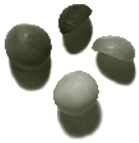

CHICKPEAS BEANS PEAS LENTILS