

Peas and Pulses form part of a healthy balanced diet:

A balanced diet is when you eat a wide variety of foods in the right proportions.

Eating the right amount of food helps us to have a healthy body weight

A balanced diet includes...

- Grains (e.g. bread, pasta, rice) 30%
- Vegetables (e.g. broccoli, carrots, potatoes) 30%
- Fruit (e.g. apples, grapes, bananas) 20%
- Protein (e.g. lean / not fatty meat, fish, eggs, **pulses**) 20%

It can also include a small portion of...

- Dairy (e.g. milk, cheese, yoghurt) and healthy oils (e.g. olive or sunflower oil)

And as an occasional treat...

- Food and drinks that are high in fat or sugar

(e.g. burgers & sausages and cakes & biscuits/cookies)

Cooking with Peas & Pulses – More Peas Please!

Peas and pulses are used in a wide range of dishes, and are an endless source of inspiration for cooks

Pulses can play a big role in a healthy diet

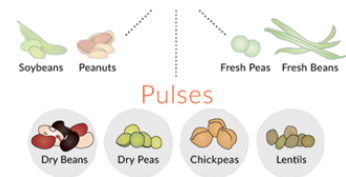


The eatwell plate

Use the eatwell plate to help you get the balance right

It shows how much of what you eat should come from each food group





Healthy Cooking & Baking Swaps

Beans, lentils, chickpeas and dry peas are chameleons in the kitchen. Try these easy swaps to amp up the nutrition in your favourite dishes:

TACOS
OR: replace 1/2 the meat in any recipe

REPLACE: 1/2 OR ALL SHREDDED PORK

WITH THIS: COOKED GREEN LENTILS

BENEFITS: ✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER



SANDWICH SPREAD

REPLACE: MAYONNAISE

WITH THIS: HUMMUS

BENEFITS: ✓ Less FAT ✓ More FIBER ✓ More PROTEIN



LASAGNA

REPLACE: 1/2 OR ALL RICOTTA CHEESE

WITH THIS: PUREED WHITE BEANS

BENEFITS: ✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER



BURGERS

REPLACE: 1/2 OR ALL GROUND BEEF

WITH THIS: MASHED PINTO BEANS

BENEFITS: ✓ Fewer CALORIES ✓ Less FAT ✓ Less SATURATED FAT ✓ More FIBER



MAC N' CHEESE

REPLACE: UP TO 1/2 CHEESE SAUCE

WITH THIS: YELLOW SPLIT PEA PUREE

BENEFITS: ✓ Less FAT ✓ More FIBER



BROWNIES

REPLACE: 1 CUP FLOUR

WITH THIS: 1 15oz. CAN BLACK BEANS, PUREED

BENEFITS: ✓ More FIBER ✓ More PROTEIN



CHOCOLATE CHIP COOKIES

REPLACE: 1/2 OR ALL OIL

WITH THIS: RED LENTIL PUREE

BENEFITS: ✓ More FIBER ✓ More PROTEIN