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Workplace & Organization Wellness

Legumes such as dried peas and beans are high in fibre and are also an affordable protein source. These can be used as a substitute for meat or as a base for soups and stews.

Listed below are tips for including legumes in the diet.

- **Crush and add to meatball and burger mixture.**
- **Use as a base for soups, stews, dips and spreads.**
- **Add to pasta dishes to boost protein and fibre content.**
- **Include a variety when making meat sauces like chilli.**
- **Roast options like chickpeas or split peas and use as a snack.**

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