

Choosing Legumes



Eating legumes is a great way to add protein and fibre to your diet. **Legumes include dried beans, peas and lentils.**



Legumes are available **dried, canned, and frozen**



Dried legumes are often the cheapest option

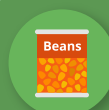


Frozen legumes are usually lower in sodium than canned legumes. Check the ingredient list to make sure that salt has not been added.

Canned beans often have a higher amount of sodium



Look for the **Low Sodium** or **No Salt Added** health claim on the can



Choose plain canned beans instead of baked and refried beans. **Make your own heart healthy sauce.**

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.