



Consumption of Bean and Human Health

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Message from the Guest Editors

Dietary pulses are the dry edible seeds from a legume plant, rich in protein, fibre, iron, potassium, and folate and low on the glycaemic index. Soybeans are another food source rich in protein and minerals. In this Special Issue, ‘beans’ will include dietary pulses (i.e., chickpeas, lentils, beans, and peas) and soybeans. Consumption of beans is associated with numerous health benefits, including reduced risk of cardiovascular disease, coronary heart disease, hypertension, and obesity incidence. Although pulse production has increased globally in the past few decades, and dietary guidelines emphasising the inclusion of bean consumption to lower LDL-cholesterol, blood pressure, body weight, and to manage glycaemic control and increase fibre intake, the global bean consumption per capita has been relatively stable.

This Special Issue is to collect the latest research on bean intake on human health, as well as sustainability, malnutrition, and food insecurity. Original research, systematic reviews and meta-analyses, and reviews on dietary pulses and/or soybeans and human health, sustainability, malnutrition, and food insecurity are welcome.





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