

EAT LEGUMES MORE OFTEN

Legumes include dried beans, split peas, lentils, chickpeas, baked beans and soya. They are rich in nutrients and important for our health.

Pick one small thing



Baked beans on toast
or a baked potato makes
a healthy light meal



Make mince healthier and
stretch further by adding kidney
beans or lentils



Add canned beans and lentils
to soups and stews



Chickpeas are a great
addition to salads



Hummus is mashed chickpeas –
use it in wraps or as a delicious dip



Soya mince is a high fibre,
protein rich meal



Small changes can make a big difference