

Superfood: Legumes

Health Benefits

Heart health: Several components of legumes that may benefit heart health including fiber, folate, and phytochemicals. Legumes in their whole unprocessed form are low in saturated fat and sodium. The fibers in legumes may especially help to lower blood cholesterol even without weight changes.

Cancer: The fiber, phytochemical, and mineral content of legumes may have anti-cancer effects according to animal and cell studies. For example, zinc has been associated with improved immune function and decreased oxidative stress to cells.

Diabetes: Legumes have a low glycemic index, are high in fiber, and contain slow-digesting resistant starch—all of which may benefit in the prevention of diabetes and help manage blood sugar levels.

Obesity: Legumes contain dietary components that may help promote weight loss. Their protein and soluble/insoluble fiber content may increase feelings of fullness. Fiber takes longer to chew, slowing down one's eating pace, and slows digestion in the stomach, both of which may lead to feelings of fullness.



Fuel Your Gut

One of the most important aspects of nutrition is all about digestive health. A healthy gut contains bacteria that helps support the immune system and a functioning GI tract to include proper absorption of nutrients. Our gut contains bacteria, both good and bad, that are necessary to achieve good gut health. By consuming proper foods and making lifestyle changes a healthy gut can be achieved.

Bad bacteria is identified by persistent GI issues – diarrhea, constipation, gas, bloating, and effects our overall health. An imbalance of bacteria can be indicated by depression, some cancers, skin concerns, vitamin and mineral deficiencies, and inflammatory conditions.

Good gut health can be achieved by increased consumption of foods high in fiber, abundant in vitamins and minerals, and pre and probiotics. Lifestyle changes are also an important factor in achieving good gut health. Ensuring adequate sleep, less stress, and regular exercise will prove positive impacts on the gut.

Bistro Specials

- Mar 27-31 – Pork Eggrolls with Sweet Chili Sauce, \$6.00.

National Food Days

- Mar 28 – National Black Forest Cake Day!
- Mar 31 – National Clam Day!