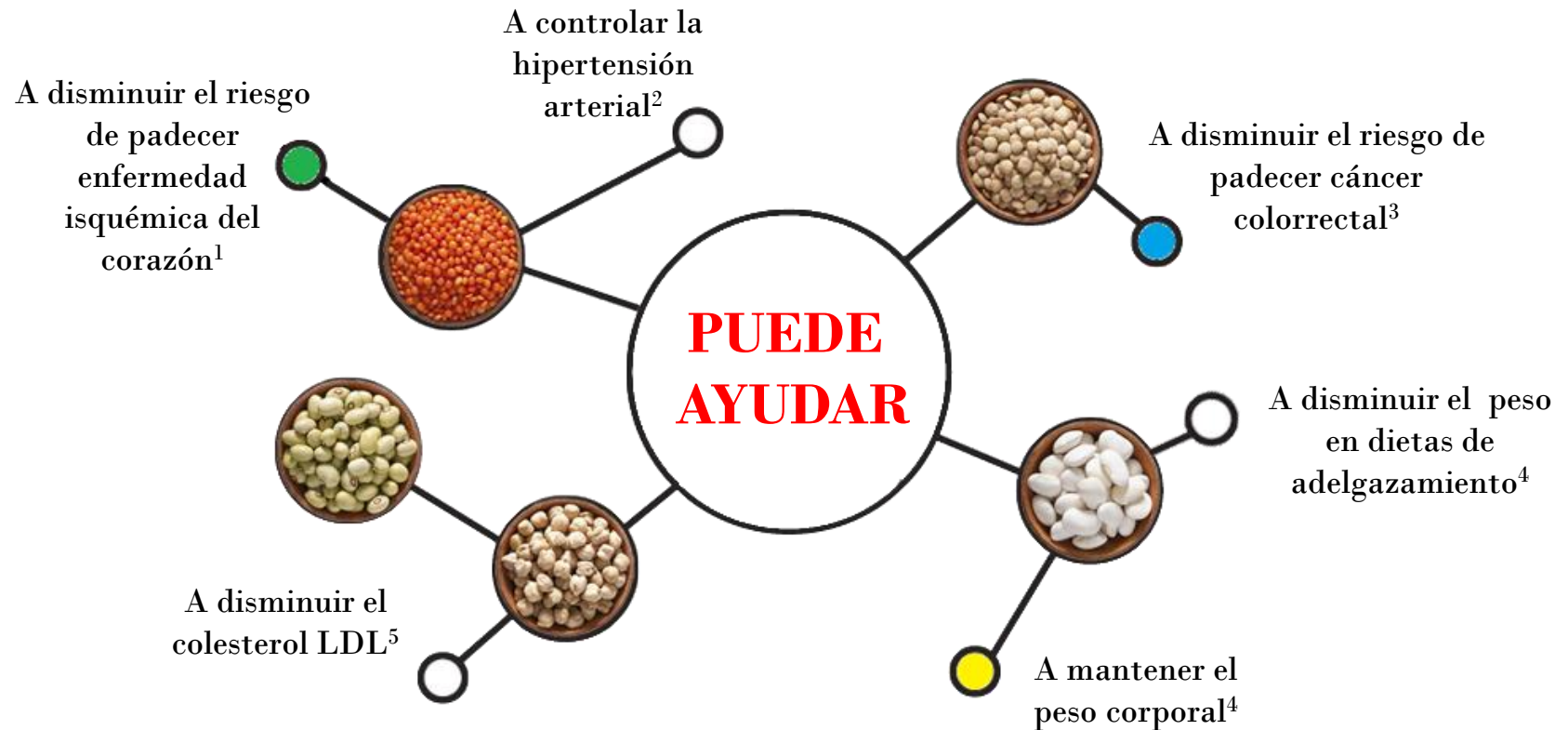


¡CUIDA TU , CONSUME LEGUMBRES!



“Tres/cuatro veces a la semana la legumbre es muy sana”
Refrán popular

1. Afshin A, Micha R, Khatibzadeh S, Mozaffarian D. Consumption of nuts and legumes and risk of incident ischemic heart disease, stroke, and diabetes: a systematic review and meta-analysis. *Am J Clin Nutr.* 2014;100(1):278-88.
2. Jayalath VH, de Souza RJ, Sievenpiper JL, Ha V, Chiavaroli L, Mirrahimi A, et al. Effect of dietary pulses on blood pressure: a systematic review and meta-analysis of controlled feeding trials. *Am J Hypertens.* 2014;27(1):56-64.
3. Zhu B, Sun Y, Qi L, Zhong R, Miao X. Dietary legume consumption reduces risk of colorectal cancer: evidence from a metaanalysis of cohort studies. *Sci Rep.* 2015;5:8797.
4. Kim SJ, de Souza RJ, Choo VL, Ha V, Cozma AI, Chiavaroli L, et al. Effects of dietary pulse consumption on body weight: a systematic review and meta-analysis of randomized controlled trials. *Am J Clin Nutr.* 2016;103(5):1213-23.
5. Ha V, Sievenpiper JL, de Souza RJ, Jayalath VH, Mirrahimi A, Agarwal A, et al. Effect of dietary pulse intake on established therapeutic lipid targets for cardiovascular risk reduction: a systematic review and meta-analysis of randomized controlled trials. *CMAJ Can Med Assoc J J Assoc Medicale Can.* 2014;186(8):E252-262.

¿ QUÉ NOS APORTAN LAS LEGUMBRES?

Aportan hidratos de carbono en gran cantidad

1

Aportan vitaminas del grupo B

2

3

Aportan proteínas en una proporción considerable (alrededor del 20%).

4

Aportan minerales tan importantes como el hierro, calcio, magnesio, potasio o fósforo

5

NO contienen colesterol y NO contienen gluten, por lo que pueden ser tomadas por personas con celiaquía



Combínalas con cereales integrales, verduras y hortalizas

!No pongas excusas, cuida tu 