

MUNG BEANS

The most important edible legume crop

Mung bean is a plant species in the legume family Fabaceae. The scientific name is *Vigna radiata*. It is a warm-season crop that originated in India and is very popular in many Asian countries. Presently, it is cultivated in many Asian and Southeast Asian countries and in some dry regions of southern Europe and warmer parts of Canada and the US.

Sustainability of Mung beans

- Least resource-intensive crop
- Most water efficient
- Has the smallest carbon footprint
- Supplies more nitrogen improving soil health
- Controls cereal diseases and insect pests

Nutritional benefits

- Has a high protein content - 20% to 24%
- Good source of fiber, zinc, iron, B vitamins, potassium, and folate

Nutritional Composition of 3 tbsp of Mung beans (raw)

Calories	139 kcal	Potassium	498 mg
Carbohydrate	25g	Iron	2.7 mg
Protein	9.5g	Zinc	1.1 mg
Fiber	6.5g	Folate	250 µg



Health benefits in ancient times

- Removes toxins from the body
- Refreshes mentality
- Decreases heat stroke
- Reduces swelling in the summer
- Regulates stomach upsets
- Moisturizes the skin

Research adds...

- Decreases risk of developing diabetes
- Decreases lipid levels in the blood
- Decreases body weight and body fat
- Reduces fat cell size
- Protective effect against liver injury
- Improves alcoholic and non-alcoholic oxidative stress
- Decreases blood pressure
- Inhibits growth of cancer cells
- Decreases inflammation in sepsis and arthritis
- Inhibits production of skin pigment in skin diseases

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