

META-STUDY BUILDS CASE FOR HEALTH CLAIMS

Funded by APG and others, research is underway to quantify the health benefits of pulses. The aim is to put health claims on the label of pulses or products that contain them.

You won't see a label that states: *Pulses are good for you*. A claim must be highly specific and for Health Canada to allow this, the evidence must be clear and extensive.

Dr. John Sievenpiper, a physician and Associate Professor at the University of Toronto's Department of Nutritional Sciences, has been steadily compiling this data since 2015. This is known as a meta-study. Sievenpiper is aggregating and synthesizing the findings of dozens of previous studies.

Specific health issues are his focus. These include the impact of pulse consumption on glycemic control, blood lipids, blood pressure and body weight. Sievenpiper is continuing this work in 2021. He's looking forward to the day when consumers understand how pulses can help them achieve their personal health goals.

Said Sievenpiper: "Pulses have a low glycemic index, they're a source of viscous fibre that may reduce blood lipids, the pulse plant proteins can lower cholesterol, plus they have anti-nutrients that may help lower blood sugars."

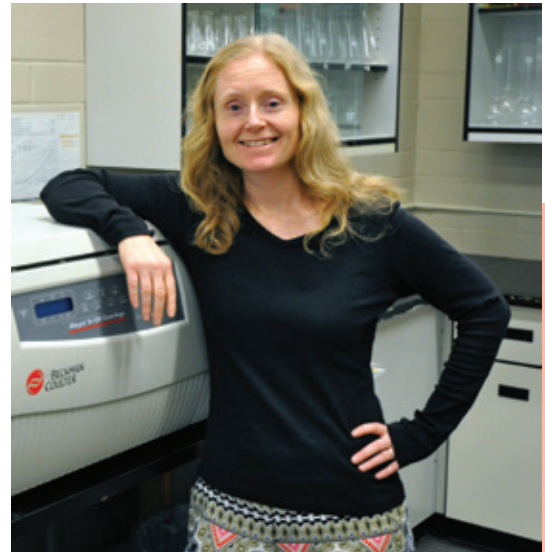
CAN BEANS FILL YOU UP AS WELL AS BEEF?

In a new research project, University of Guelph researcher Dr. Alison Duncan will investigate how well three varieties of beans promote satiety – the feeling of being full – in older adults. Satiety is considered an effective strategy to help manage food intake and body weight. After all, if you feel full, you're more likely to stop eating.

The study will also compare beans to beef in regard to satiety, to confirm a role for beans as a complementary protein alongside beef. This research dovetails with the new Canada's Food Guide emphasis on plant-based proteins. What's needed now is evidence to support the role for plant-based proteins in improving health.

Older adults are the study's subject group because they are a rapidly growing segment of the Canadian population with age-related risk of chronic disease.

"Beans are an ideal food for older adults due to their nutrient density and their ability to reduce age-related chronic disease risk," Duncan said. "This research can help to advance a satiety health claim for beans and ultimately increase the consumption and demand for beans."



Dr. Alison Duncan, University of Guelph



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