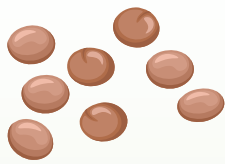


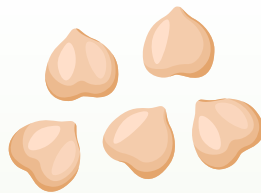
# Benefits of legumes in infant nutrition



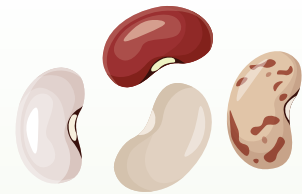
Legumes are an excellent source of protein, fiber, vitamins and minerals which should be part of your baby's healthy diet.



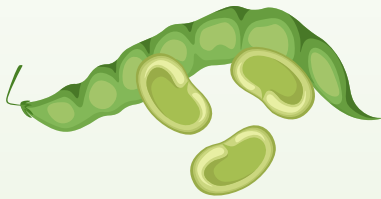
Lentils



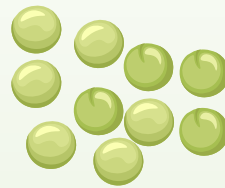
Chickpeas



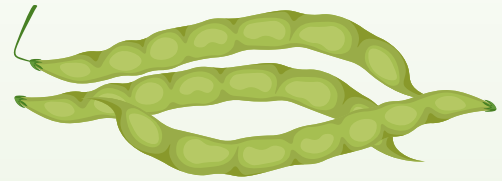
Beans



Soybeans



Peas



Green Beans

## How to incorporate legumes in your baby's diet?

The amounts are indicative and will depend on your baby's tolerance and appetite



6-12 months

1-2 spoons\*

1-2 times/week



1-2 years

30-40 g\*

1-2 times/week



2-3 years

40-50 g\*

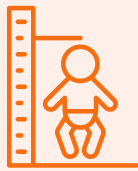
2-3 times/week

\*cooked legumes

## Helpful tips

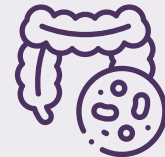
- ✔ Start offering your baby cooked legumes **mashed or pureed** to avoid the risk of choking.
- ✔ At the beginning of weaning, offer the same legume several days in a row to try your **baby's tolerance**.
- ✔ Combine them with **vegetables and rice** to offer a complete meal.

# Why legumes are good for your child?



Best source of vegetable protein, which is essential for your baby's growth and development.

Good source of fiber, which supports your baby's gut microbiota.



Contain essential vitamins for your baby's growth and brain development.



Contain minerals such as calcium, iron and zinc which contribute to oxygen supply and bone development.



## Did you know eating legumes is also good for the planet?



- Reduces greenhouse gas emissions
- Reduces deforestation
- Improves soil biodiversity
- Reduces use of water



Animal products are accountable for 67% of the deforestation caused by agriculture.