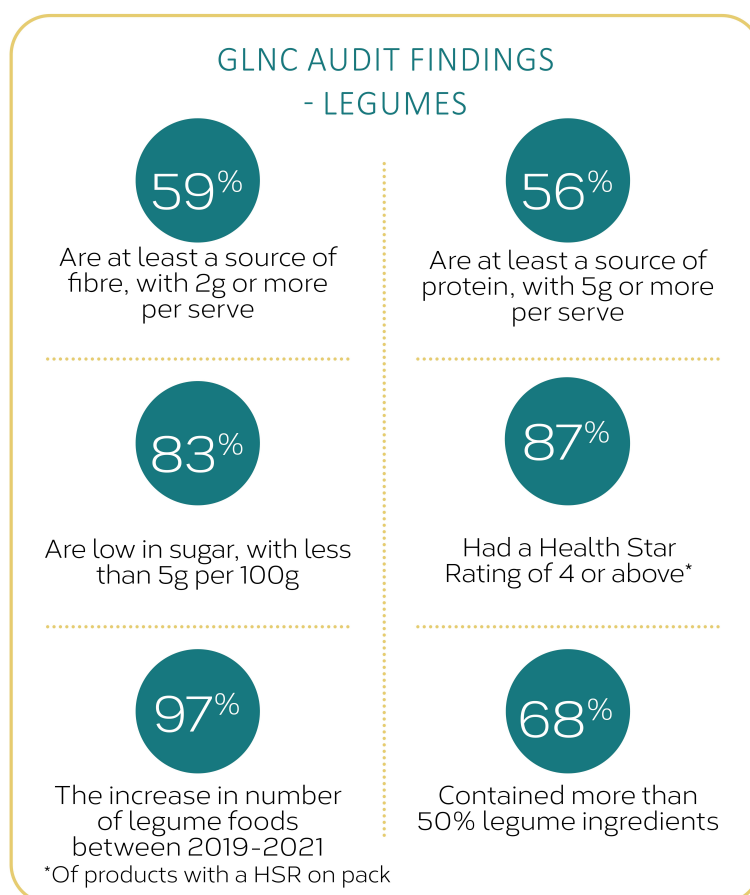


GLNC PRODUCT AUDIT HIGHLIGHTS

LEGUMES - FEBRUARY 2020

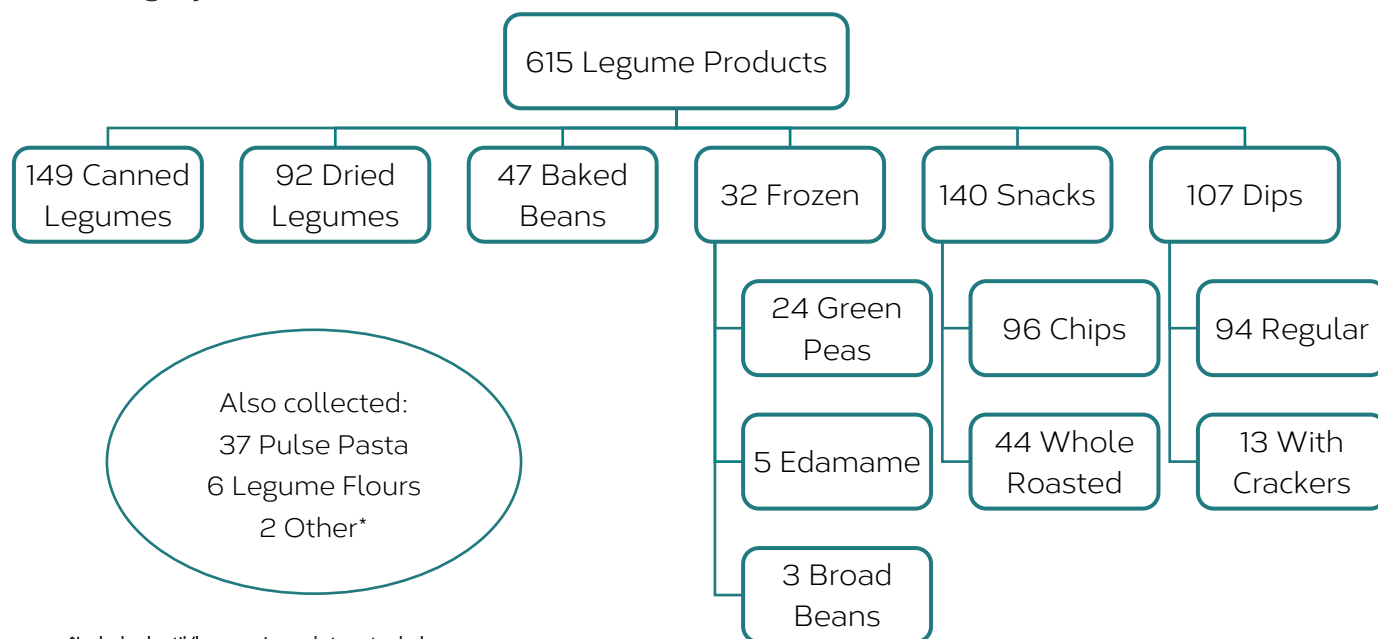


Legumes are an inexpensive source of plant protein, dietary fibre and other essential vitamins and minerals, yet current consumption in Australia is low. In February 2021, GLNC audited 615 legume foods from four major supermarkets in Sydney, by collecting product information in store and online. Read on for a summary of the audit:

TOP TIPS

- Look at the ingredients list for options with the highest % legume content. Products with >65% legume ingredients they tend to be higher in protein and dietary fibre
- Choose legume products with a Health Star Rating >3.5
- When comparing legume snacks, choose those with lower saturated fat (<3g/100g) and sodium (<400mg/100g)

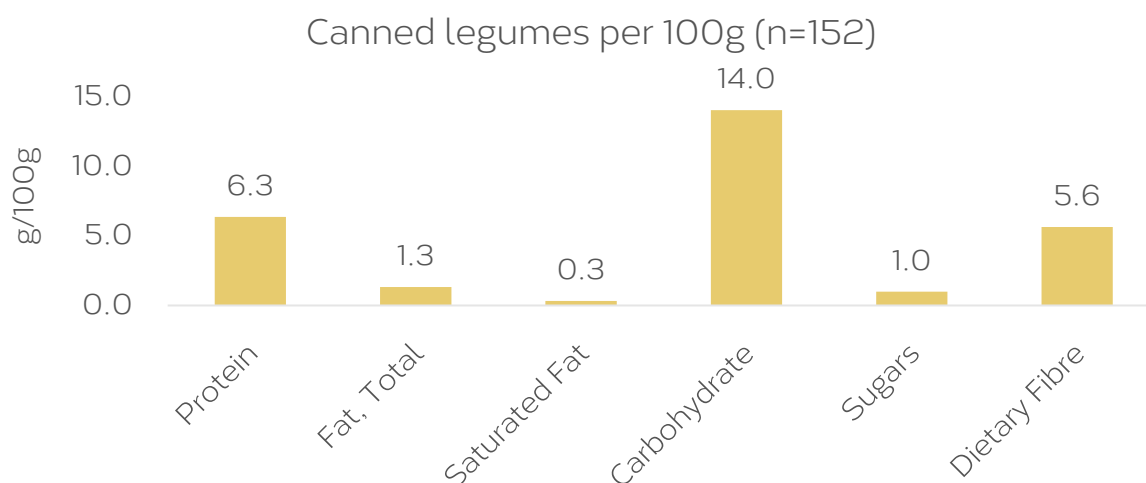
Category overview:



What has changed since the 2019 legume audit?

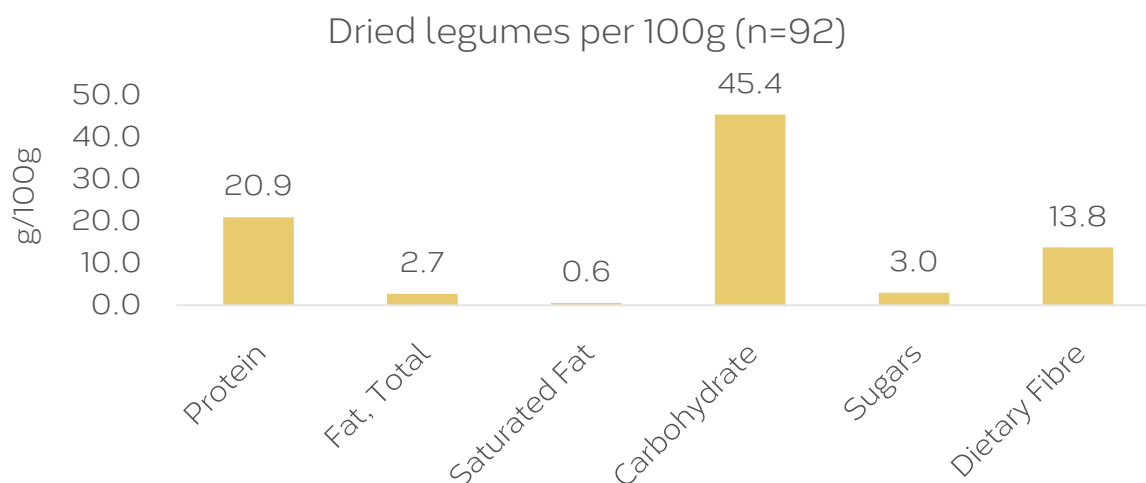
The entire legume category increased from 312 products in 2019 to 615 products in 2021 – an increase of 97%. Pulse pasta increased by 236%, dried legumes by 217%, legume snacks by 169% and canned legumes by 85%. No nutritional differences were noted in the two years.

Canned Legumes:



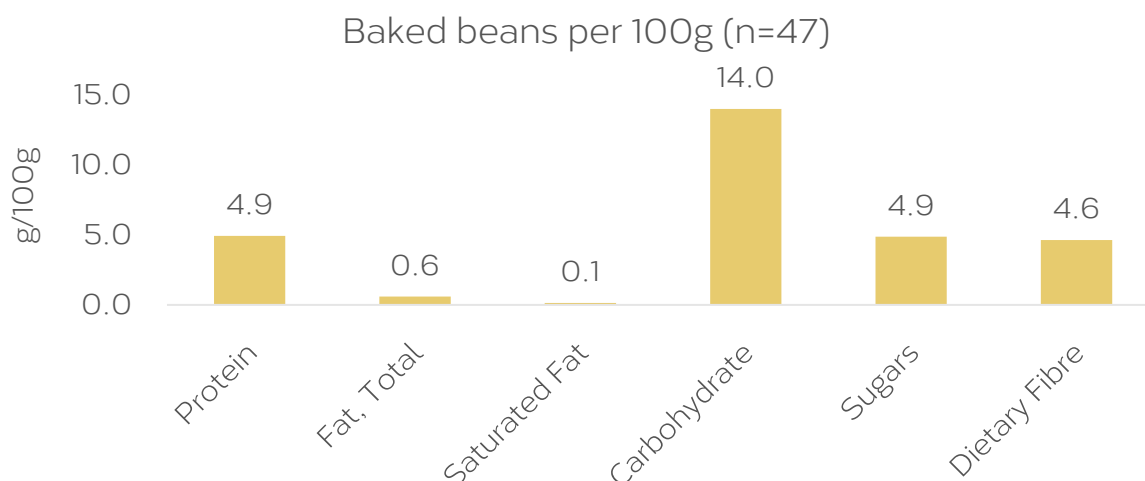
More than half (64%) were at least a source of protein and the majority were low in both total fat and saturated fat (93% and 97%, respectively). Eighty-eight percent were at least a source of dietary fibre. While only one-third were low in sodium (average 197mg/100g), research shows rinsing canned legumes reduces sodium by around 40%.¹

Dried legumes:



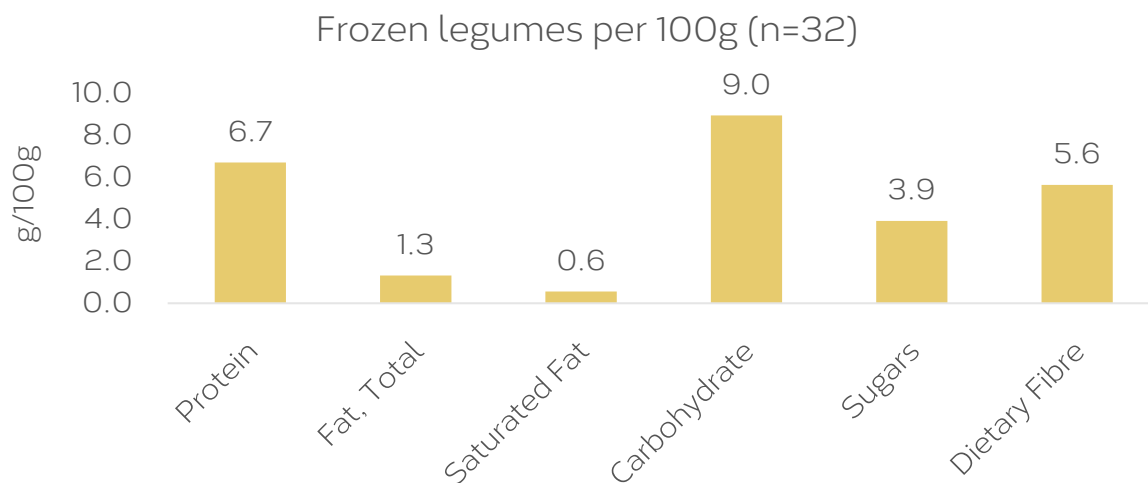
Almost all (95%) were at least source of protein and most dried legumes were low in total (73%) and saturated fat (98%). More than half (52%) were at least a source of dietary fibre, with 2g or more per serve. Almost all were low in sodium (95%) averaging 60mg/100g.

Baked Beans:



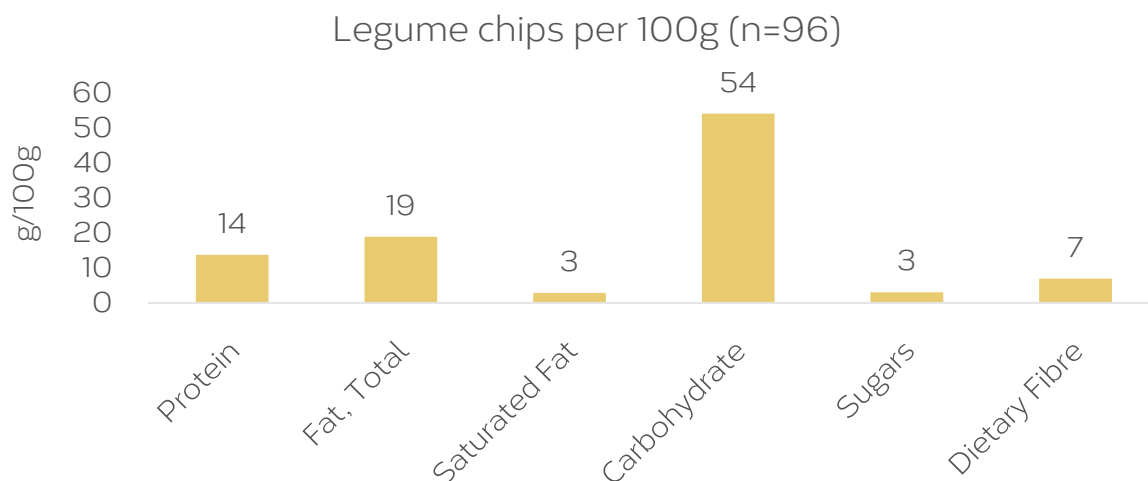
Most (96%) were at least a source of protein, and 40% were considered a good source. All were low in saturated fat and at least a source of fibre. More than half (53%) were low in sugars and only 6% were low in sodium averaging 324mg/100g. As expected, 'no added salt' or 'reduced salt' baked beans were lower in sodium than regular versions.

Frozen Legumes:



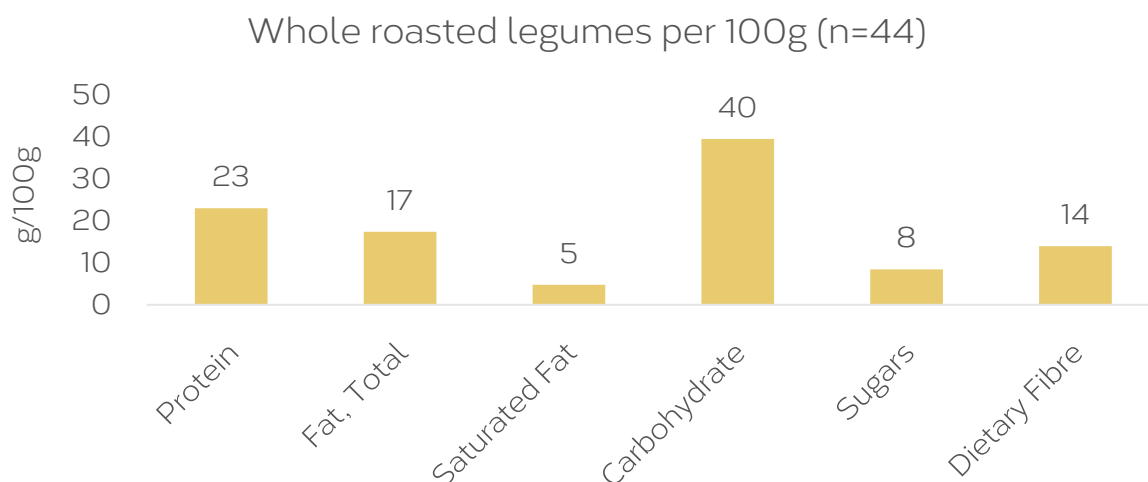
Almost all products were low in saturated fat (98%) and half were at least a source of protein. Sixty-nine percent were at least a source of fibre. The majority were low in sodium (94%), averaging 35.3mg/100g.

Legume Snacks – Chips



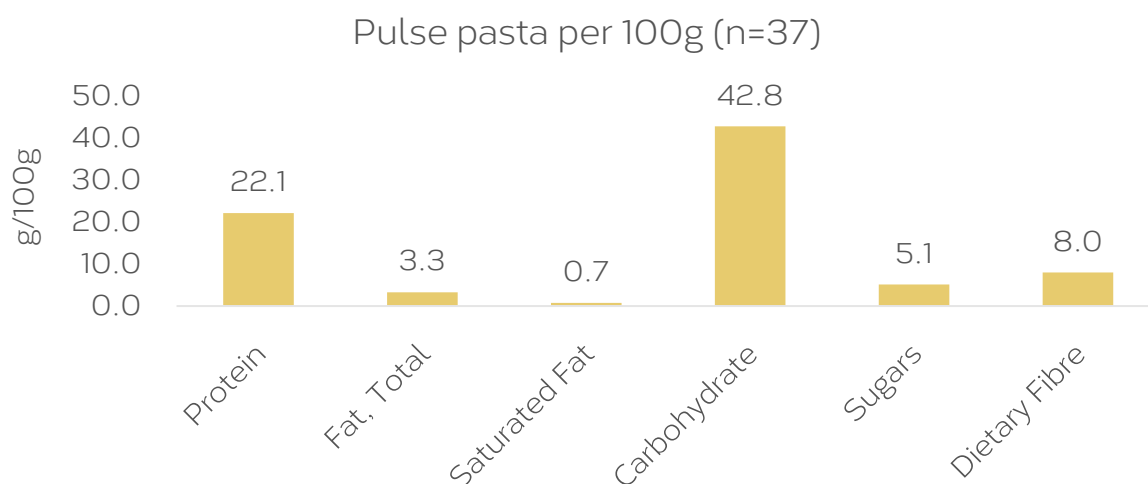
Although there appears to be some positive points for legume chips, there was a wide range for nutrients such as sodium (213 – 1355mg/100g), and saturated fat (1 – 12.5g/100g). When compared to regular potato chips, legume chips may be marginally healthier (being slightly lower in energy and fats, and slightly higher in fibre), though they are generally higher in sodium, so can be a deceptively unhealthy snack.

Legume Snacks – Whole Roasted



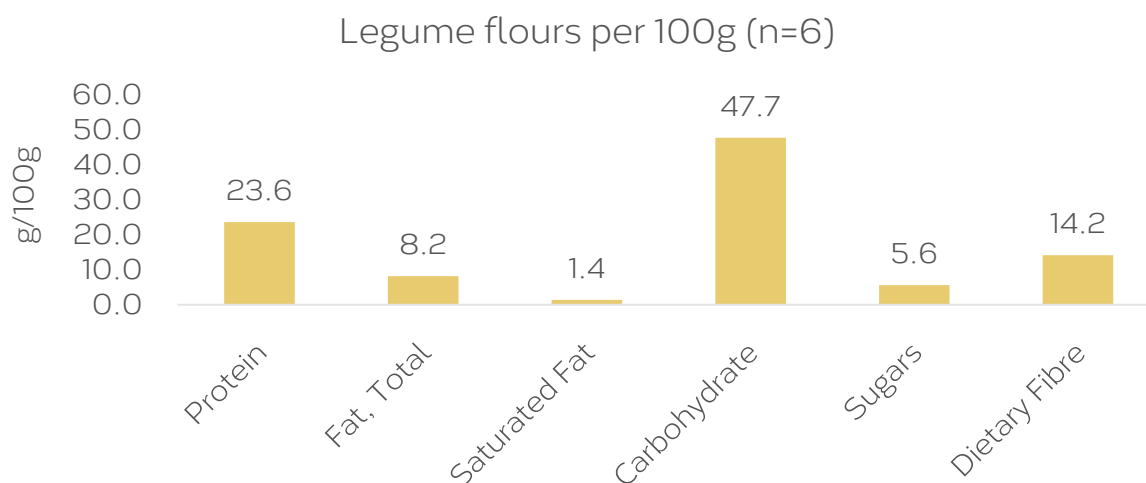
Only 20% of whole roasted legumes were low in saturated fat. Despite this, more than half were at least a source of protein (61%) and 80% were at least a source of fibre. Only, 16% were low in sodium (94%), although they do appear to be a healthier choice than legume chips.

Pulse Pasta



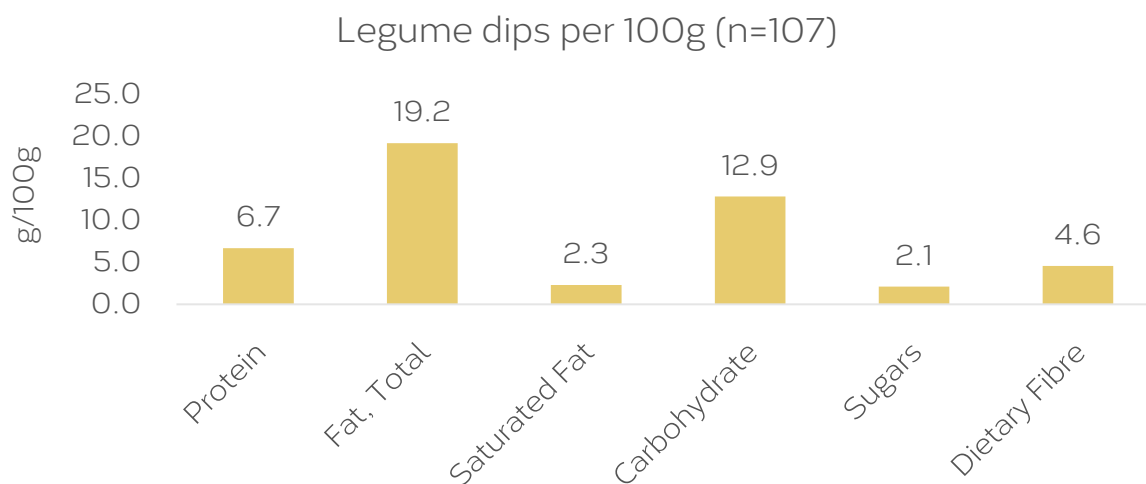
Pulse pasta is on average higher in protein and fibre and lower in carbohydrates than regular wheat pasta. All were low in saturated fat and 97% were at least a source of protein. Just over half (54%) were an excellent source of fibre (greater than 7g per serve).

Legume Flour



Legume flour is on average higher in protein, fibre, and fat in comparison to wheat flour (white and wholemeal). Eighty-three percent were low in saturated fat and all flours were at least a source of protein and low in sodium, averaging 11mg/100g.

Dips



Only 3% of dips were low in fat and 24% low in saturated fat. As would be expected, dips with crackers had almost double the carbohydrate content (23g compared to 11g without crackers). Only 5% were low in sodium averaging 442mg/100g. Legume content ranged between 10-86%. Dips with at least 65% legumes were a more nutritious option.

Health Star Rating

Overall, 38% of products displayed a HSR on pack, no change from 2019. The mean HSR was 4.6 with a range between 2-5 stars. Baked beans had the greatest percentage of products with a HSR (70%) followed by frozen (69%), pasta (59%) and flour (50%). Fewer dried legumes (14%) and dips (10%) displayed the HSR. Flour and frozen legumes had the highest HSR scores with an average of 5, and dips had the lowest with an average score of 3.5.