



Chickpeas

Health Claims

- Protein helps maintain and increase muscle mass.
- Fiber helps the digestive system work optimally. 65% to 75% of the fiber found in chickpeas is insoluble fiber, which remains undigested all the way to the final segment of your large intestine. This is great for your digestive support and colon!
- Magnesium ensures strong bones, regulates blood pressure, and can help stabilize blood sugar.

Nutrition Information

- Protein
- Fiber
- Magnesium
- Vitamin B6
- Vitamin K

Dig Deeper

Get more information, register, or download resources:

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Chronic- Diet Related Illness

- Chickpeas can help regulate/stabilize your blood sugars as they digest very slowly, making them a safe source of carbs for diabetics.

More Information

- Chickpeas can be a great source of protein for a weight loss regimen, as it keeps you filling full for longer without weighing you down with carbs. When paired with other nutrition whole-foods, chickpeas can be even more filling.

Resources

Eat Right: Academy of Nutrition and Dietetics Complete Food & Nutrition Guide by Roberta L Duyff, MS, RDN, FAND, CFCS

<https://draxe.com/chickpeas-nutrition/>



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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