Heart Healthy Diet

It's notable that pulse consumption fits into four of the FDA health claims which are related to reduced risk of cardiovascular disease. The sodium content is negligible when prepared from dried pulses; draining and rinsing reduces the sodium content of canned beans by 41% [18]. Undesirable fats and cholesterol are absent while fiber content is excellent. According to Asif et al. [11]:

"Pulses help to lower cholesterol and triglycerides, as leguminous fibers are hypoglycosuria because of consisting more amylose than amylopectin."

Refer also to Messina [2] and Singhal [12], as quoted earlier, with regard to heart health [14, 19–23].

American Heart Association Diet Recommendations

"Eat an overall healthy dietary pattern that emphasizes :a variety of

- •Fruits and vegetables
- •Whole grains
- •low-fat dairy products,
- •Skinless poultry and fish
- •nuts and legumes
- • non-tropical vegetable oils

Limit saturated fat, trans fat, sodium, red meat, sweets and sugar-sweetened beverages. If you choose to eat red meat, compare labels and select the leanest cuts available.
One of the diets that fits this pattern is the DASH (Dietary Approaches to Stop Hypertension) eating plan.
Most healthy eating patterns can be adapted based on calorie requirements and personal and cultural food preferences".

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/SimpleCookingwithHeart/The-Benefits-of-Beans_