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HUMMUS

HEALTH Benefits

1. GOOD SOURCE OF PLANT-BASED PROTEIN

Hummus is an excellent protein source for everyone: vegetarians, vegans, and omnivores too.

3. DECREASES INFLAMMATION

Inflammation is the body's natural defense to move toxins out of the body. However, when your body has a high level of inflammation, it indicates that you body has been trying to overcome food, environmental or medicinal toxins. Foods that help reduce inflammation also help in reducing the chance of arthritis and disease and they help to heal the body. Hummus has both garlic, olive oil and chick peas which are all known anti-inflammatory foods.

5. HIGH IN VITAMINS AND MINERALS

It is hard to beat the winning combination of essential micronutrients that the ingredients in hummus has to offer! In addition to protein and fiber, the chickpeas used in hummus are high in iron, folate, phosphorus, and B vitamins (all especially important for vegetarians and vegans who may be lacking in these nutrients). Lemon juice contains a high level of immunity boosting vitamin C and antioxidants. Tahini has high levels of copper, magnesium, zinc, iron, phosphorus, and calcium too. And of course garlic contains many trace minerals, antioxidants, and vitamins (manganese, vitamin B6, vitamin C, and selenium to name a few) and has been shown to benefit the heart and to boost immunity too.

7. HEART HEALTH

Studies suggest that diets rich in extra virgin olive oil, one of the main ingredients used in hummus, helps to prevent cardiovascular disease in several important ways. Regularly consuming good-quality olive oil has been correlated with improving blood pressure levels, glucose metabolism, and reducing harmful cholesterol.

2. FIGHTS ILLNESS & DISEASE

Beans, and chickpeas in particular, have been shown to help balance cholesterol levels, reduce hypertension, and to protect against heart disease.

4. HELPS DIGESTION & INTESTINAL HEALTH

Chickpeas are an excellent source of fiber, which has multiple health benefits: helping to foster a healthy digestive system, making us feel full and satisfied, aiding to a healthy cardiovascular health, and more (8). Consuming enough fiber daily (between 25-35 grams depending on your gender and needs) is correlated with a healthy body weight and decreased chance of obesity-related diseases like type 2 diabetes, heart disease, and many more.

6. BONE HEALTH

Sesame seeds, used in making tahini, are an excellent source of various important bone-building minerals including: zinc, copper, calcium, magnesium, phosphorus, iron, and selenium. Bone loss is often a concern for people as they age, including women who go through menopause and experience hormonal shifts that can result in bone weakening, and even osteoporosis for some. Tahini is loaded with copper (which helps keep your skeletal system strong), calcium (which lowers bone loss), and zinc which supports bone development and growth).

8. BOOSTS YOUR ENERGY

Chickpeas, like all beans and legumes, contain starch, which is a complex carbohydrate that the body is able to use steadily for energy. Starches contain natural sugars called glucose, which the body uses easily for many essential functions and take an extended period of time to break down once consumed. This means they provide "time released" energy and do not spike your blood sugar in the same way that simple carbohydrates found in processed foods do.