

Marie Murphy Health & Fitness

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Grains are wholesome foods and essential for your daily diet. This list of whole grain foods can help you be much healthier – IF you start adding more whole grains to your diet.

Beans and other legumes are encouraged for good nutrition. The mighty bean is low in fat and is packed with nutrients, protein, fibre and antioxidants.

Benefits

- Low in fat.
- They can help you to lose weight.
- You can eat them in a variety of ways.
- They're excellent sources of nutrition and fibre.
- Can protect you from diseases.

EXAMPLES of GRAINS & BEANS

GRAINS	BEANS
Whole wheat	Aduki beans
Whole wheat bulgur	Black bean
Whole wheat berries	Garbanzo beans
Brown rice	Green beans
Whole rye	Kidney beans
Couscous	Lima beans
Buckwheat	Pinto beans
Quinoa	Black eyed peas
Kamut	Chick peas
Spelt	Peas
Oat groats	Butter beans
Steel-cut oats	Rice bean
Rolled oats	Spanish beans
Hulled barley	Sword beans
Triticale	Fava beans
Millet	Chili bean
Wild rice	Scarlet runner bean
Amaranth	Legume
Teff (world's smallest grain)	Lentils
Flaxseed	Soy bean