

Top 10 Legumes and Beans

The 10 healthiest legumes and beans, from lentils and chickpeas to soy, with the evidence on heart health and longevity, servings, and cautions.

1 Lentils

Protein, fiber, folate, iron

Serving: 1/2 cup cooked
Fast-cooking protein and fiber.

2 Chickpeas

Protein, fiber, folate

Serving: 1/2 cup cooked
Versatile legume behind hummus.

3 Black Beans

Fiber, folate, anthocyanins

Serving: 1/2 cup cooked
Anthocyanin-rich beans with fiber.

4 Soybeans and Edamame

Protein, isoflavones, folate

Serving: 1/2 cup
Complete plant protein.

5 Kidney Beans

Fiber, iron, potassium

Serving: 1/2 cup cooked
Hearty beans rich in fiber and iron.

6 Pinto Beans

Fiber, folate, magnesium

Serving: 1/2 cup cooked
A fiber-rich staple.

7 Green Peas

Protein, vitamin K, fiber

Serving: 1/2 cup
A sweet legume with protein.

8 Split Peas

Fiber, protein, potassium

Serving: 1/2 cup cooked
Thick, satisfying soup legume.

9 Navy and White Beans

Fiber, folate, magnesium

Serving: 1/2 cup cooked
Mild beans rich in fiber.

10 Peanuts

Protein, niacin, unsaturated fat

Serving: 1 oz
The world's most popular legume.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/legumes-beans/