VEGETABLES & PULSES

Vegetables and pulses are generally low in calories, high in fibre and filling. Pulses are also a good source of protein and iron. Include plenty of vegetables and pulses where possible. If you are trying to lose weight, this will help you to feel full with fewer calories (especially on fast days if you are following the 5:2 diet).

- **Mangetout**
  - Carbs: 3g
  - 5-a-day: 1
  - Calorie: 26
  - Protein: 3g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 2g

- **Peppers (raw)**
  - Carbs: 2g
  - 5-a-day: 1
  - Calorie: 12
  - Protein: 1g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 2g

- **Rocket (raw)**
  - Carbs: 0g
  - 5-a-day: 1/2
  - Calorie: 7
  - Protein: 1g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 1g

- **Chick Peas (tinned)**
  - Carbs: 13g
  - 5-a-day: 1
  - Calorie: 92
  - Protein: 6g
  - Fat: 2g
  - Sat Fat: 0g
  - Fibre: 4g

- **Butter Beans**
  - Carbs: 10g
  - 5-a-day: 1
  - Calorie: 62
  - Protein: 5g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 9g

- **Broad Beans (boiled)**
  - Carbs: 4g
  - 5-a-day: 1
  - Calorie: 38
  - Protein: 4g
  - Fat: 1g
  - Sat Fat: 0g
  - Fibre: 6g

- **Asparagus (boiled)**
  - Carbs: 1g
  - 5-a-day: 1
  - Calorie: 21
  - Protein: 3g
  - Fat: 1g
  - Sat Fat: 0g
  - Fibre: 2g

- **Carrots (boiled)**
  - Carbs: 5g
  - 5-a-day: 1
  - Calorie: 23
  - Protein: 0g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 2g

- **Kidney Beans (tinned)**
  - Carbs: 13g
  - 5-a-day: 1
  - Calorie: 74
  - Protein: 6g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 7g

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