

Health & Nutrition Sciences

Chickpea consumption among US adults

Data from the National Health & Nutrition Examination Survey



POTENTIAL BENEFITS OF CHICKPEA CONSUMPTION

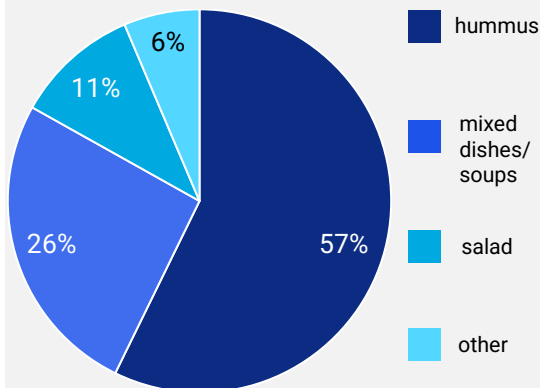
Excellent source of fiber and plant-based protein¹

Increasing legume intake in the US is likely to improve population health²

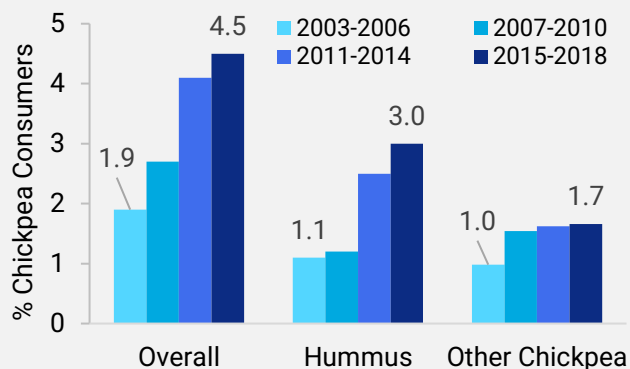
May encourage intake of other important food groups including nuts/seeds and whole grains³

Clinical trials show consumption may reduce glycemic response compared to foods with the same amount of available carbohydrate⁴⁻⁶

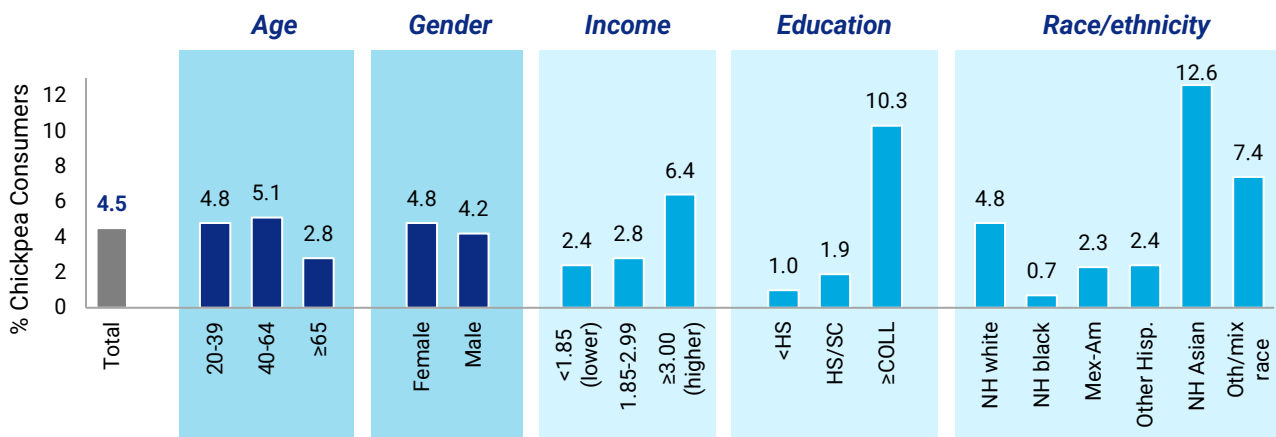
How do US adults consume chickpeas?



Chickpea consumption has more than doubled from 2003-6 to 2015-18

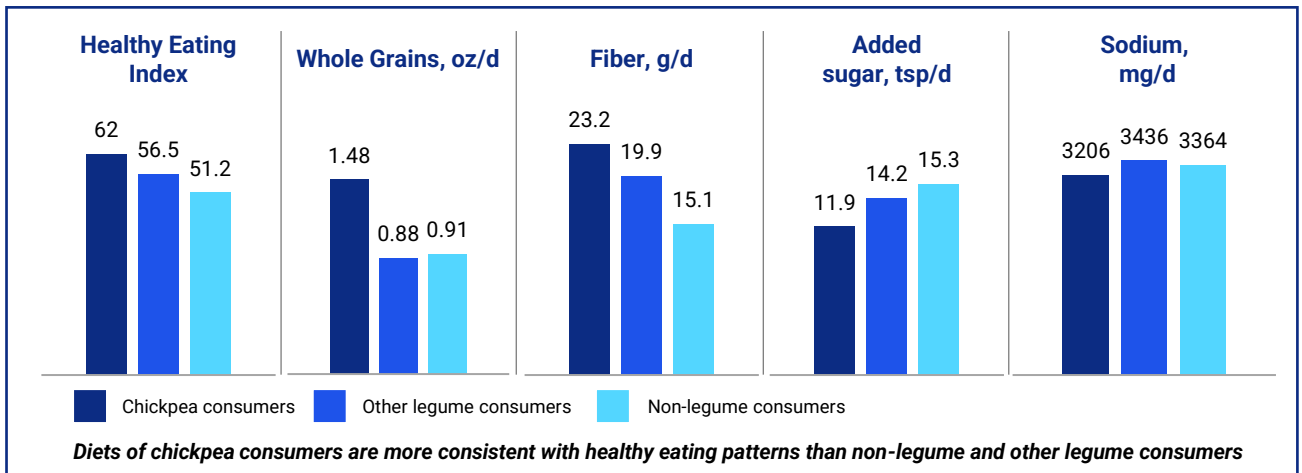
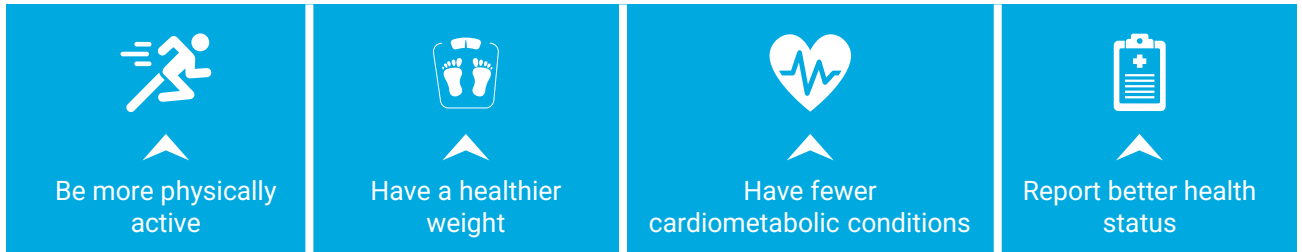


Chickpea consumption is higher among individuals with higher incomes and more education



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Chickpea consumers are more likely to...



About the National Health & Nutrition Examination Survey (NHANES)



References

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