

Europe Health & Nutrition Sciences

Chickpea Consumption Trends in the United Kingdom (UK)¹



The UK Eatwell Guide recommends consuming some protein from beans and pulses, since they are low in fat and dense in protein, fibre, vitamins, and minerals, making them a good alternative to meat²



In recent years, products containing legumes such as beans, lentils and soybeans have increased by 39% in Europe, with the UK launching the highest number of new vegan food products in 2018³



Consumers are seeking to include more plant-based foods in their diets to support their health, promote overall well-being and for the good of the planet⁴



The average daily fibre intake of adults (19–64 years) in the UK is 19.7 g, and only 9% meet the recommendations for fibre (≥30g).⁵ An increase in legume intake may help increase fibre consumption

Nutrition and health benefits of chickpeas

Chickpeas are a great example of a nutritious plant-based food enjoyed by UK consumers



Chickpeas are nutrient dense

1. High in fibre - 100g of canned chickpeas provides 7.1g of fibre⁶
2. High in protein - 100g of canned chickpeas provides 8.4g of protein⁶
3. A portion (80g) of chickpeas can count as 1 of your 5 a day⁷
4. Contain micronutrients - such as folate, vitamin B6, iron, magnesium and flavonoids⁶



Consuming chickpeas can provide a range of health benefits

Research⁸⁻¹⁴ show that chickpea consumption may contribute to the prevention and management of several nutrition-related chronic diseases

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What are the demographics of chickpea consumers?¹



More people are consuming chickpeas now compared to 10 years ago

- National Diet & Nutrition Survey (NDNS) show that the percentage of the population consuming chickpeas has increased from 6.1% to 12.3% (between 2008 and 2019).



We don't only eat chickpeas within hummus

- The UK population consumes chickpeas from different sources including boiled and canned chickpeas, as well as hummus. This is different than other markets, such as the United States, where hummus makes up a greater proportion of chickpea consumption.¹⁵



Chickpeas and hummus are predominantly consumed as part of meals

- Chickpeas and hummus tend to be consumed during lunch (35.9% for chickpeas, 44.4% for hummus) and dinner (28.8% for chickpeas, 19.0 % for hummus).



Women are more likely to consume chickpeas

- In the most recent NDNS survey (2017-2019), 13.7% of women were chickpea consumers while 10.9% of men were chickpea consumers.



Adults and young children have the highest percentage of chickpea consumers

- By age group, the highest percentage of chickpea consumers are 19-64y (14.4%), followed by children between the ages of 1.5-3y at 13.4%



Chickpea consumption among adults is associated with a healthy Body Mass Index (BMI) & consuming a healthier diet

- Adults who have a healthy BMI (18.5 – 24.9) are more likely to be chickpea consumers than adults who are either overweight or obese. Chickpea consumers also eat 66% more vegetables than non-consumers (237g vs. 166g per day).



Findings show that chickpea consumption is associated with higher income and higher education

- Higher-income individuals are more likely to consume chickpeas than individuals with lower-incomes. Similarly, more individuals with higher education levels consume chickpeas (21.6%) than individuals with lower education-level (6.6%).

In the UK, chickpea consumption more than doubled from 2008/09 to 2018/19

Chickpea consumers had a higher diet quality than non-consumers

¹Kutepova I, Rehm CD, Friend SJ. UK Chickpea Consumption Doubled from 2008/09–2018/19. *Nutrients*. 2023 Nov 15;15(22):4784.

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³Scoping Vitality and veg diet. February 3, 2020. Oakland.

⁴Mintel. UK Attitudes Towards Eating Healthy Market Report 2022. Available at: <https://store.mintel.com/report/uk-attitudes-towards-healthy-eating-market-report>. Last accessed May 31 2023.

⁵PHE. Public Health England (2019) National Diet and Nutrition Survey. 2019. Available online: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/943114/NDNS_UK_Y9-11_report.pdf (accessed on May 31 2023).

⁶Public Health England. McCance and Widdowson's The Composition of Foods Integrated Dataset 2021. Available at: <https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid>. Last accessed January 2023

⁷NHS. 5 a day: what counts? Available at: <https://www.nhs.uk/live-well/eat-well/5-a-day/5-a-day-what-counts/#:~:text=80%20of%20beans%20and%20pulses,than%20other%20fruits%20and%20vegetables>. Last accessed January 2023

⁸Reister, E.J.; Belote, L.N.; Leidy, H.J. The Benefits of Including Hummus and Hummus Ingredients into the American Diet to Promote Diet Quality and Health: A Comprehensive Review. *Nutrients* 2020, 12, 3678. <https://doi.org/10.3390/nu12123678>.

⁹Nielsen, S.J.; Rehm, C. PepsiCo R&D UK Chickpea Analysis. Data on file R Cakir, Ö.; Ucarli, C.; Tarhanm Ç.; Pekmez, M.; Turgut-Kara, N. Nutritional and health benefits of legumes and their distinctive genomic properties. *Food Science and Technology*. 2019, 7, 39:1-2. <https://doi.org/10.1590/fst.42117>.

¹⁰Begum, N.; Khan, Q.U.; Liu, L.G.; Li, W.; Liu, D.; Haq, I.U. Nutritional composition, health benefits and bio-active compounds of chickpea (*Cicer arietinum* L.). *Front Nutr*. 2023, 7. doi: 10.3389/fnut.2023.1218468.

¹¹Polak, R.; Phillips, E.M.; Campbell, A. Legumes: health benefits and culinary approaches to increase intake. *Clinical Diabetes*. 2015, 33, 198-205. Doi: 10.2337/diaclin.33.4.198.

¹²Wallace, T.C. et al. The Nutritional Value and Health Benefits of Chickpeas and Hummus. *Nutrients*. 2016; Nov 29;8(12):766.

¹³Zafar, T.A. et al. Chickpeas suppress postprandial blood glucose concentration, and appetite and reduce energy intake at the next meal. *J Food Sci Technol*. 2017; Mar;54(4):987-994.

¹⁴Abeysekara, S. et al. A pulse-based diet is effective for reducing total and LDL-cholesterol in older adults. *Br J Nutr*. 2012. 108(S1), S103-S110.

¹⁵Rehm CD, Goltz SR, Katcher JA, Guarneri LL, Dicklin MR, Maki KC. Trends and Patterns of Chickpea Consumption among United States Adults: Analyses of National Health and Nutrition Examination Survey Data. *The Journal of Nutrition*. 2023 May 1;153(5):1567-76.