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# The Legume List

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Legumes are great sources of fat, protein and carbohydrates. Different varieties contain varying amounts of these nutrients. Legumes are given several different names. For example we call legumes beans, nuts, peas and lentils.

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## **Beans**

The most common variety of legumes are beans. These include adzuki beans, black beans, soybeans, anasazi beans, fava beans, garbanzo beans (chickpeas), kidney beans and lima beans.

## **Nuts**

Some legumes are inappropriately called "nuts." The most common example is the peanut, with other examples including soy nuts and carob nuts.

## **Peas**

A number of legumes are labeled as peas, including green peas, snow peas, snap peas, split peas and black-eyed peas.

## **Lentils**

Lentils are also a legume. Whether yellow, orange, green, brown or black, the nutritional profile of lentils does not change with their color. However, sprouted lentils differ from non-sprouted lentils in their nutritional content.