

Regional summary of nutrient content claims that could be utilized for 100 g of cooked beans, lentils, chickpeas, and peas

Adapted from Marinangeli, C.P.F. et al. (2017). Enhancing nutrition with pulses: defining a recommended serving size for adults. Nutrition Reviews, 75(12):990-1006.

Nutrient	Ability to make a nutrient content claim per 100 g of cooked pulses by type (yes/no) ^{a,b}											
	Australia ^{82,83}			Canada ^{77,84}			Europe ^{79,85}			USA ^{36,d}		
	Beans	Lentils	Chickpeas	Peas	Beans	Lentils	Chickpeas	Peas	Beans	Lentils	Chickpeas	Peas
Macronutrients												
Protein	Yes	Yes	Yes	Yes ^c	Yes ^c	Yes ^c	Yes ^c	Yes ^c	Yes	Yes	Yes	No ^e
Fiber	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Minerals												
Calcium	No	No	No	No	No	No	No	No	No	No	No	No
Iron	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Magnesium	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No
Phosphorus	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Potassium	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No
Zinc	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	No	No
Vitamins												
Folate	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Niacin	No	Yes	No	No	No	No	No	No	No	No	No	No
Riboflavin	No	No	No	No	No	No	No	No	No	No	No	No
Thiamin	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Vitamin B ₆	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	No	No

Abbreviations: PDCAAS, Protein Digestibility Corrected Amino Acid Score; PEC, Protein Efficiency Ratio; RACC, Reference Amount Customarily Consumed.

^aUnderlined, boldface cells represent occurrences in which the ability to make a nutrient content claim differs from occurrences in which the pulses were evaluated in aggregate in Table 6.

^bUnless otherwise specified, nutrient values from Table 4 were used to quantify the ability to make nutrient content claims per 100 g of cooked beans, lentils, chickpeas, and peas.

^cPER calculations were based on Black beans (PER: 1.61), whole green lentils (PER: 1.3), chickpeas (type unspecified) (PER: 2.32), and split yellow peas (PER: 1.42).⁶¹ Reasonable daily intake for whole cooked pulses is 250 g/d.⁸⁴

^dUnless otherwise specified, the ability to make a nutrient content claim in the United States was based on a 90-g RACC for cooked legumes.³⁶

^ePDCAAS values corresponding to various types of whole cooked pulses were used: beans [pinto beans (0.59), kidney beans (0.55), black beans (0.67)], peas [yellow split (0.64) and green split (0.50)], lentils [whole green (0.63) and red split (0.54)], and chickpeas (0.52).^{61,62}

^fA 130-g RACC, corresponding to canned beans, was used for the calculation.³⁶

^gA PDCAAS of 59 was used and derived from the average PDCAAS value across 4 types of whole cooked beans: pinto beans (0.59), kidney beans (0.55), black beans (0.67), and navy beans (0.67).^{61,62}