**Supplemental Table 1.** Nutrition Composition summary for whole cooked pulses (per 100 g) for select nutrients.\*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Pulses†** | **USDA Database Number\*** | **Energy (Kcal)** |  | **Protein**  **(g)** | | **Lipid**  **(g)** | **Carbohydrate**  **(g)** | **Fibre**  **(g)** |  | **Calcium**  **(mg)** | **Iron**  **(mg)** | **Magnesium**  **(mg)** | **Phosphorus**  **(mg)** | **Potassium**  **(mg)** | **Zinc**  **(mg)** |  | **Folate (mcg)** | **Thiamin**  **(mg)** | **Riboflavin**  **(mg)** | **Niacin**  **(mg)** | **Vitamin B-6**  **(mg)** |
| **Per 100 g Cooked (mature seeds, boiled, without salt)¥** | | | | | | | | | | | | | | | | | | | |
| **Beans** |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Adzuki beans | 16002 | 128 |  | 7.52 | | 0.10 | 24.77 | 7.3 |  | 28 | 2.00 | 52 | 168 | 532 | 1.77 |  | 121 | 0.115 | 0.064 | 0.717 | 0.096 |
| Black beans | 16015 | 132 |  | 8.86 | | 0.54 | 23.71 | 8.7 |  | 27 | 2.10 | 70 | 140 | 355 | 1.12 |  | 149 | 0.244 | 0.059 | 0.505 | 0.069 |
| Turtle beans | 16017 | 130 |  | 8.18 | | 0.35 | 24.35 | 8.3 |  | 55 | 2.85 | 49 | 152 | 433 | 0.76 |  | 86 | 0.225 | 0.056 | 0.527 | 0.077 |
| Cranberry beans | 16020 | 136 |  | 9.34 | | 0.46 | 24.46 | 8.6 |  | 50 | 2.09 | 50 | 135 | 387 | 1.14 |  | 207 | 0.210 | 0.069 | 0.515 | 0.081 |
| French beans | 16023 | 129 |  | 7.05 | | 0.76 | 24.02 | 9.4 |  | 68 | 2.13 | 50 | 165 | 391 | 0.88 |  | 102 | 0.158 | 0.059 | 0.681 | 0.117 |
| Great Northern beans | 16025 | 118 |  | 8.33 | | 0.45 | 21.09 | 7.0 |  | 63 | 1.08 | 56 | 102 | 370 | 0.64 |  | 75 | 0.130 | 0.062 | 0.546 | 0.105 |
| Kidney beans (all types) | 16028 | 127 |  | 8.67 | | 0.50 | 22.80 | 6.4 |  | 35 | 2.22 | 42 | 138 | 405 | 1.00 |  | 130 | 0.160 | 0.058 | 0.578 | 0.120 |
| California Red Kidney beans | 16031 | 124 |  | 9.13 | | 0.09 | 22.41 | 9.3 |  | 69 | 2.36 | 53 | 144 | 389 | 1.03 |  | 140 | 0.237 | 0.066 | 0.649 | 0.138 |
| Red Kidney Beans | 16033 | 127 |  | 8.67 | | 0.50 | 22.80 | 7.4 |  | 52 | 2.30 | 65 | 165 | 508 | 0.96 |  | 168 | 0.257 | 0.063 | 0.57 | 0.175 |
| Royal Red Kidney beans | 16036 | 123 |  | 9.49 | | 0.17 | 21.85 | 9.3 |  | 46 | 2.09 | 50 | 147 | 436 | 0.98 |  | 172 | 0.193 | 0.062 | 0.318 | 0.229 |
| Navy beans | 16038 | 140 |  | 8.23 | | 0.62 | 26.05 | 10.5 |  | 73 | 2.84 | 68 | 169 | 463 | 1.09 |  | 137 | 0.236 | 0.059 | 0.272 | 0.127 |
| Pink beans | 16041 | 149 |  | 9.06 | | 0.49 | 27.91 | 5.3 |  | 62 | 2.48 | 74 | 183 | 325 | 1.06 |  | 81 | 0.187 | 0.103 | 0.708 | 0.129 |
| Pinto beans | 16043 | 143 |  | 9.01 | | 0.65 | 26.22 | 9.0 |  | 90 | 3.70 | 63 | 113 | 561 | 1.38 |  | 81 | 0.118 | 0.046 | 0.14 | 0.093 |
| Small White beans | 16046 | 142 |  | 8.97 | | 0.64 | 25.81 | 10.4 |  | 36 | 1.50 | 43 | 125 | 268 | 1.01 |  | 104 | 0.097 | 0.089 | 0.711 | 0.072 |
| Yellow beans | 16048 | 144 |  | 9.16 | | 1.08 | 25.28 | 10.4 |  | 27 | 1.40 | 48 | 99 | 266 | 0.84 |  | 159 | 0.164 | 0.061 | 0.577 | 0.067 |
| White beans | 16050 | 139 |  | 9.73 | | 0.35 | 25.09 | 6.3 |  | 17 | 2.39 | 43 | 111 | 508 | 0.95 |  | 83 | 0.161 | 0.055 | 0.421 | 0.161 |
| Faba beans | 16053 | 110 |  | 7.60 | | 0.40 | 19.65 | 5.4 |  | 28 | 2.94 | 45 | 142 | 403 | 1.07 |  | 130 | 0.160 | 0.058 | 0.578 | 0.120 |
| Catjang beans | 16061 | 117 |  | 8.13 | | 0.71 | 20.32 | 3.6 |  | 26 | 3.05 | 96 | 142 | 375 | 1.87 |  | 142 | 0.162 | 0.046 | 0.714 | 0.092 |
| Cowpea (black eyes pea) | 16063 | 116 |  | 7.73 | | 0.53 | 20.76 | 6.5 |  | 24 | 2.51 | 53 | 156 | 278 | 1.29 |  | 208 | 0.202 | 0.055 | 0.495 | 0.100 |
| Lima beans | 16072 | 115 |  | 7.80 | | 0.38 | 20.88 | 7.0 |  | 53 | 1.75 | 63 | 156 | 231 | 0.83 |  | 94 | 0.150 | 0.075 | 1.500 | 0.058 |
| Lima beans (thin seeded) | 16075 | 126 |  | 8.04 | | 0.38 | 23.31 | 7.7 |  | 42 | 2.64 | 98 | 181 | 315 | 1.08 |  | 146 | 0.212 | 0.064 | 0.551 | 0.095 |
| Lupin bean | 16077 | 119 |  | 15.57 | | 2.92 | 9.88 | 2.8 |  | 66 | 2.98 | 48 | 137 | 419 | 0.86 |  | 74 | 0.129 | 0.062 | 0.54 | 0.104 |
| Mung beans | 16081 | 105 |  | 7.02 | | 0.38 | 19.15 | 7.6 |  | 44 | 2.77 | 42 | 142 | 378 | 0.9 |  | 74 | 0.095 | 0.067 | 0.552 | 0.104 |
| Mungo beans | 16084 | 105 |  | 7.54 | | 0.55 | 18.34 | 6.4 |  | 29 | 2.40 | 53 | 127 | 401 | 1.03 |  | 150 | 0.161 | 0.055 | 0.66 | 0.078 |
| Yardlong beans | 16134 | 118 |  | 8.29 | | 0.45 | 21.09 | 3.8 |  | 43 | 1.11 | 46 | 119 | 384 | 0.90 |  | 111 | 0.146 | 0.059 | 0.781 | 0.050 |
| **Mean** |  | **126** |  | **8.68** | | **0.58** | **22.48** | **7.4** |  | **50** | **2.31** | **57** | **142** | **391** | **1.06** |  | **125** | **0.172** | **0.063** | **0.592** | **0.106** |
| **Standard Deviation** |  | **12** |  | **1.62** | | **0.53** | **3.59** | **2.1** |  | **19** | **0.62** | **15** | **23** | **84** | **0.28** |  | **40** | **0.046** | **0.012** | **0.240** | **0.040** |
|  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chickpeas**  **(garbanzo beans, bengal gram)** | **16057** | **164** |  | **8.86** | | **2.59** | **27.42** | **7.6** |  | **49** | **2.89** | **48** | **168** | **291** | **1.53** |  | **172** | **0.116** | **0.063** | **0.526** | **0.139** |
| **Lentils** | **16070** | **116** |  | **9.02** | | **0.38** | **20.13** | **7.9** |  | **19** | **3.33** | **36** | **180** | **369** | **1.27** |  | **181** | **0.169** | **0.073** | **1.06** | **0.178** |
|  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Peas** |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas (split) | 16086 | 118 |  | 8.34 | | 0.39 | 21.10 | 8.3 |  | 14 | 1.29 | 36 | 99 | 362 | 1.00 |  | 65 | 0.190 | 0.056 | 0.890 | 0.048 |
| Pigeon peas | 16102 | 121 |  | 6.76 | | 0.38 | 23.25 | 6.7 |  | 51 | 1.20 | 54 | 128 | 245 | 1.38 |  | 59 | 0.134 | 0.053 | 0.495 | 0.009 |
| **Mean** |  | **120** |  | **7.55** | | **0.39** | **22.18** | **7.5** |  | **33** | **1.25** | **45** | **114** | **304** | **1.19** |  | **62** | **0.162** | **0.055** | **0.693** | **0.029** |
| **Standard Deviation** |  | **2** |  | **1.12** | | **0.01** | **1.52** | **1.1** |  | **26** | **0.06** | **13** | **21** | **83** | **0.27** |  | **4** | **0.040** | **0.002** | **0.279** | **0.028** |
|  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Mean** |  | **127** |  | | **8.62** | **0.63** | **22.55** | **7.4** |  | **44** | **2.27** | **52** | **142** | **401** | **1.09** |  | **127** | **0.177** | **0.064** | **0.574** | **0.117** |
| **Total Standard Deviation** |  | **14** |  | | **1.54** | **0.62** | **3.49** | **2.0** |  | **19** | **0.68** | **15** | **24** | **84** | **0.28** |  | **43** | **0.045** | **0.011** | **0.246** | **0.045** |

\*USDA Nutrient Database Standard Reference Release 28.41

† Search inclusion terms: “beans” or “lentils” or “chickpeas” or “\*pea;” “mature seeds,” “boiled,” and “without salt;” Exclusion term: “sprouted.”

¥Values were rounded to nearest decimal as per values reported in the USDA Nutrient Database Standard Reference Release 28