



GREEN GRAM



**Dr. Nissy R
BNYS**



- Green gram is also known as mung bean or moong is a leguminous plant species belonging to the Fabaceae family with scientific name *Vigna radiata*.
- This small, oval-shaped green bean is widely used in Indian cuisines and no meal is complete without the addition of dals, be it with rice or roti's it makes the meal wholesome.



- **Green gram dal is touted as superfoods as it is one of the richest sources of plant-based protein in the world.**
- **It is available as a whole, split and de-husked (yellow) and used in making both sweet and savoury dishes.**
- **Green gram dal is cultivated since ancient times and India is the largest producer of this legume.**
- **It is also widely grown in Southeast Asia, Indian subcontinent and East Asia.**
- **Green gram dal is one of the widely used dal for its indispensable medicinal and culinary purposes.**





Pacchai Payaru

Cherupayar

Green gram

Moong dal

Pesara parupu

Hesaru Kaalu



Nutritional value per serving



Calories - 212

Fat - 0.8 grams

Protein - 14.2 grams

Carbs - 38.7 grams

Fibre - 15.4 grams

**Folate (B9) - 80% of the Reference
Daily Intake (RDI)**

Manganese - 30% of the RDI

Magnesium - 24% of the RDI

Vitamin B1 - 22% of the RDI

Phosphorus - 20% of the RDI

Iron - 16% of the RDI

Copper - 16% of the RDI

Potassium - 15% of the RDI

Zinc - 11% of the RDI



- It is imbued with essential amino acids including phenylalanine, leucine, isoleucine, valine, lysine and arginine.
- Green gram dal hep you meet daily protein needs without increasing fat intake.
- As per the Journal of Food Science and Nutrition, this legume abounds iron, folate, carotenoids and other bioactive compounds that enhance optimal health.
- It also contains profuse amounts of essential nutrients like manganese, magnesium, potassium, copper, phosphorus, zinc and vitamins B1, B2, B3, B5 and B6.

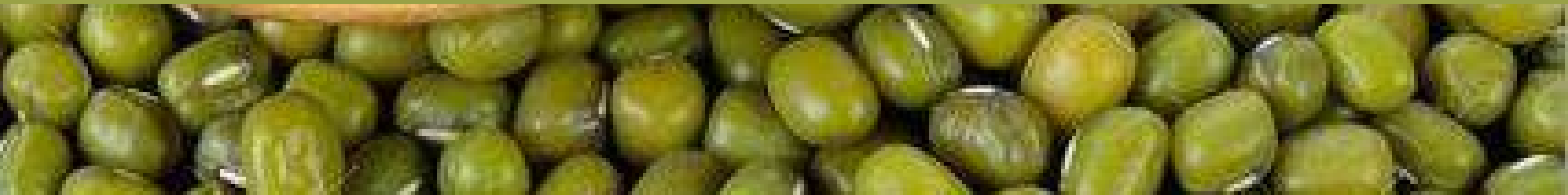
General benefits of Green gram

- low in glycemic index, it is suitable for people with Type 2 Diabetes.
- It is iron-rich so it is an excellent dietary supplement for infants and children.
- Moong beans provide 80% of the recommended dietary intake for folate in one cooked cup, which is essential for the growth of the fetus and so is a very good supplement for pregnant women.
- less flatulence as compared to other legumes.



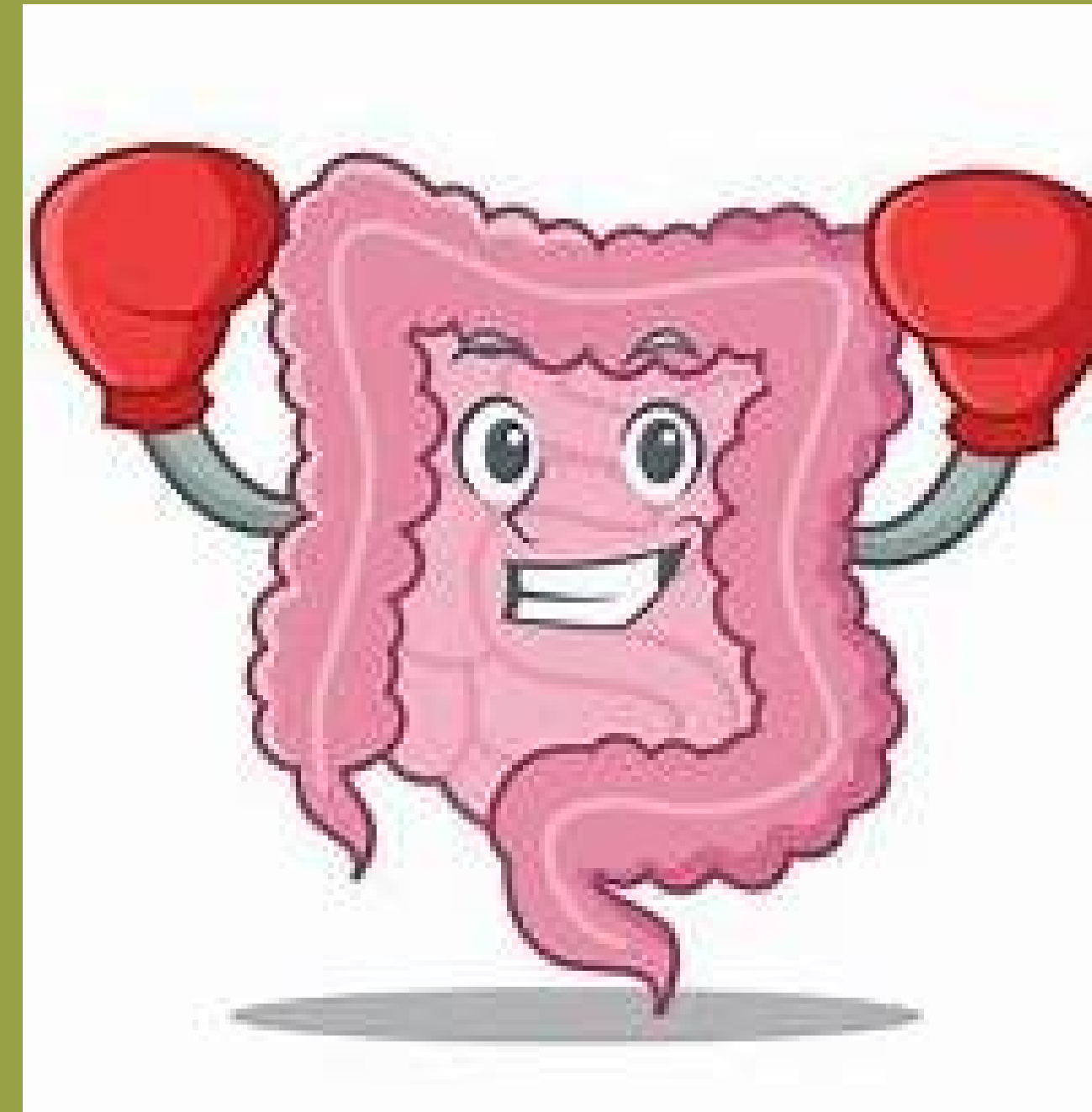
General Benefits of Green gram

- High in bioactive compounds, Moong beans help in detoxification and have potential health benefits like:
 1. Helps in increasing immunity
 2. Aids in lowering total cholesterol, protects the liver, and the efficacy is considerably increased after germination
 3. Moong bean soup has been proven to reduce heat stress
 4. Moong bean sprouts help fight allergies
 5. Moong bean powdered and applied as face pack helps in brightening the skin, treat acne, eczema and relieving itchiness



Benefits of Green gram on Gut health

- Lowers Risk Of Inflammation (Antioxidants)
- Bolsters The Immune System (Nutrients)
- Reduces Constipation (Fiber)
- Improves Digestion (Easy to digest)



Indications

- Digestive issues
- Cardiac health
- Diabetes management
- Promotes weight loss
- improves hair and skin health

Contra indications

- Allergies
- kidney stones (small proportions doesn't cause any harm)
- Thyroid issues



Precautions

1. **Start with small amounts:** If you're new to greengram, start with small amounts to test your tolerance.
 2. **Cooking:** Greengram should be cooked thoroughly to reduce the risk of gastrointestinal upset
 3. **Combination with other foods:** Greengram can be combined with other foods to reduce the risk of gastrointestinal upset.
- It's always a good idea to consult with a healthcare professional before making any significant changes to your diet.





*Thank
you!*