

## Special Issue

# Consumption of Bean and Human Health

### Message from the Guest Editors

Dietary pulses are the dry edible seeds from a legume plant, rich in protein, fibre, iron, potassium, and folate and low on the glycaemic index. Soybeans are another food source rich in protein and minerals. In this Special Issue, 'beans' will include dietary pulses (i.e., chickpeas, lentils, beans, and peas) and soybeans. Consumption of beans is associated with numerous health benefits, including reduced risk of cardiovascular disease, coronary heart disease, hypertension, and obesity incidence. Although pulse production has increased globally in the past few decades, and dietary guidelines emphasising the inclusion of bean consumption to lower LDL-cholesterol, blood pressure, body weight, and to manage glycaemic control and increase fibre intake, the global bean consumption per capita has been relatively stable.

This Special Issue is to collect the latest research on bean intake on human health, as well as sustainability, malnutrition, and food insecurity. Original research, systematic reviews and meta-analyses, and reviews on dietary pulses and/or soybeans and human health, sustainability, malnutrition, and food insecurity are welcome.

---

### Guest Editors

Dr. Sonia Blanco Mejia

Dr. Andreea Zurbau

Dr. Laura Chiavaroli

---

### Deadline for manuscript submissions

closed (15 October 2024)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/124054](https://mdpi.com/si/124054)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)