NUTRITIONAL INFORMATION
FOR RETAILERS, TRADERS
Good Nutrition
Good nutrition is important at all stages of life. Food enables us to:

- **Grow**: Food enables growth
- **Learn**: Food enables our brains to function (learning)
- **Work**: Food gives us energy to work
- **Stay healthy**: Adequate and nutritious food provide good health

Health and nutrition are closely linked – a person must be wellnourished to be healthy, fight diseases and infections, while poor health can affect nutritional status.

A poorly nourished pregnant woman is likely to give birth to an underweight and unhealthy child who will have a poor start in life and is likely to have an underweight child herself.
The foetus and children under the age of two have high nutrient needs because their bodies are growing and changing quickly, even before birth.

Families that do not eat the right food in the right quantities become under nourished or because their bodies are not getting the nutrients to function well, this affects their farm productivity as well, leading to poor food stock and consumption

• Children growth is poor
• Families have less energy to do farm work or any other work
• Their immune system becomes weak, and they become sick often
While well-nourished families, are healthy and able to produce more food and make more income

- Eating too much food than the body requires result in the body becoming obese
- A poor diet does not contain all the right food in right quantities; this diet does not meet family nutrition needs

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The Nutrition Benefits of Beans

Beans, lentils, and chickpeas are packed with nutrients that are important for maintaining a healthy diet that can reduce the risk of developing chronic diseases. Check out the nutritional benefits of adding beans to your next meal!

**Protein**
Proteins are the building blocks for many parts of our body including our organs, muscles, hair, nails, and skin. Beans are found in the MyPlate protein group and are classified as a plant-based protein. They contain a similar amount of protein per serving as other foods in the MyPlate protein group such as meat, poultry, and fish. People who limit the amount of meat, poultry, and fish they consume, such as vegetarians and vegans, may use beans as a major source of protein in their diet.

**Fat**
Beans are naturally low in fat and because they are a plant-based protein, they do not have any cholesterol or trans-fat. Fat provides more than double the amount of calories per gram than protein, so eating beans in place of other foods high in fat may help to reduce the amount of calories eaten overall.

**Fiber**
Fiber is found in all foods that come from plants, including beans, peas, and lentils. The body is not able to digest or absorb fiber to the same way as protein, carbohydrates, and fat. Fiber is found in two forms: soluble fiber and insoluble fiber. Soluble fiber breaks down in water to create a gel-like material that may help to lower cholesterol and blood glucose levels. Beans, oats, fruits, and vegetables all have soluble fiber. Insoluble fiber does not break down in water but instead promotes digestion by increasing the movement of “bulk waste” out of the body’s digestive system. Insoluble fiber helps to reduce constipation and is found in beans as well as fruits, vegetables, nuts, and whole-grain products. Foods that are high in fiber, like beans, also make you feel full for a longer time.

**Vitamins and Minerals**
Beans are rich in many vitamins and minerals such as B vitamins, potassium, iron, and magnesium. B
Vitamins such as folic acid, riboflavin and Vitamin B6 are important for maintaining normal cell growth and energy production. Potassium helps maintain a healthy blood pressure and iron is necessary for carrying oxygen to the cells in your body. Magnesium is needed for many functions in the body and can help to regulate nerve function, blood sugar levels, and making protein, bone, and DNA. Beans pack a powerful punch and are filled with nutrients that are important for maintaining proper growth and development. Reach for beans the next time you want to add a nutrient powerhouse to your next meal!

**Food safety in bean marketing**

Food safety is about handling, storing and preparing food to prevent infection and help to make sure that our food keeps enough nutrients for us to have a healthy diet. Food safety is crucial to protect consumers from health risks related to common allergens and foodborne illnesses. In and of itself, this is a good enough goal to reach using proper processing and handling procedures, but there are other reasons, too.

**Dangers of unsafe food**

Unsafe food and water mean that it has been exposed to dirt and germs, or may even be rotten, which can cause infections or diseases such as diarrhea, meningitis, etc. These diseases can make people very sick or even be life-threatening. When people are sick, they are weak and would have difficulty working or concentrating at school. Some of these infections also make it difficult for our bodies to absorb the nutrients they need to get healthy. Unsafe or stale foods also deteriorate and be of poor quality, which means they lose nutrients and so we do not get enough of what we need for a healthy diet. So unsafe food can also lead to poor nutrition.

**Foodborne Safety Measures during storage**

- Avoid contamination from Pests and rodents
- Proper placement of bags using pallets
- Moisture control using bags
- Avoid Leaking roofs during storage
This work is part of the ZIRON Pulse Project on Upscaling adoption and exploitation of a wide diversity of Iron and Zinc-rich beans by rural populations in Africa.

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