

Kidney beans

Kidney bean helps in functioning of brain cells an...

Green Gram

Green gram is rich in fiber and low on calories ma...

Chickpeas

Chickpea is an iron source and is an effective cle...

Black Gram

A source of fiber, black gram is believed to preve...

Black-eyed Peas

Black-eyed pea prevents osteoporosis, heart diseas...

Red Gram

Red Gram is known to enrich the soil it grows in...

Brown Lentils

Brown lentils stop diarrhea, reduces the risk of h...