

Nut was called the best carbohydrate to maintain intestinal health

Some carbohydrates are useful for the digestive system. One example is chickpeas.

Here are a few factors due to which the chickpeas improves intestinal health.

**A lot of fiber.** From half a glass of boiled chickpeas you will receive 6 g of fiber. In this case, it contains both insoluble and soluble fiber. The insoluble increases the volume of the stool, contributes to its passage through the digestive system, protects against constipation, and the soluble slows down digestion and helps the body absorb nutrients.

**Power of beneficial bacteria in the intestines.** There is a lot of resistant starch in the editor, which helps to nourish beneficial bacteria in the intestines, stimulates the production of short -chain fatty acids.



Photo recipe: Jen coach. Evewell Design

**Powerful antioxidants.** We are talking about phenolic acids that contribute to intestinal health. Studies show that they reduce inflammation that provokes the symptoms of irritated

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intestines (SRK), play a role in the development of inflammatory intestinal diseases.

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