

## **THE HUMBLE MUNG BEAN:** PLANT-BASED PROTEIN FULL OF PROMISE

Researchers at UC Berkeley examined 42 plant proteins that have the most potential to transform the global food industry. The analysis revealed the **mung bean** to be one of top six "most promising" plant-based proteins.

## PROTEIN RICH CROP WITH A LOW CARBON FOOTPRINT



The mung bean has competitive protein quantities and produces less CO, emissions globally than soy, corn, wheat and rice.



https://www.nutritionvalue.org/Mung\_beans%2C\_raw%2C\_mature\_seeds\_ nutritional\_value.html https://www.nutritionvalue.org/Peas%2C\_raw%2C\_mature\_seeds%2C\_ split%2C\_green\_nutritional\_value.html https://www.nutritionvalue.org/Soybeans%2C\_raw%2C\_mature\_seeds\_ nutritional\_value.html



The global average water footprint (surface water and groundwater) of mung beans is 76% lower than corn, 72% lower than soy, 94% lower than wheat and 96% lower than rice.



Source: Craswell et al (2007), Mekonne, Hoekstra (2011), Zhang et al (2017), Castanheira, Freire (2013), Clune (2016). Asia has the **optimal climate for mung bean production** and is currently one of the largest producers globally.



Proterra Asia has a strategic Asia cooperation with alternative eggs brand, JUST, which uses mung beans for its plant-based product.

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