

Professor at Oklahoma State Studies Pulse Impact on Post-Menopausal Women

Have you ever wondered the effects food has on your health? Turns out the food we eat can impact our health in shorter amounts of time thought and can impact our health for much good. It has become increasingly popular of late to understand the impacts of certain types of foods on the human body. One professor at Oklahoma State has taken to studying how consuming pulses (different types of beans) has on the health of post-menopausal women.

Dr. Edralin Lucas is a professor and researcher at Oklahoma State University who works in the nutritional science department studying the impact pulse consumption has on the gut health, cardiovascular health, bone density, and more on post-menopausal women. Dr. Lucas recently finished a study where 42 women were taken and study participants were asked to consume 100 g of pulses (alternating between chickpeas, kidney beans, pinto beans, black-eyed peas, and lentils) daily for 12 weeks, and to maintain their normal diet and lifestyle (1). The study aimed to see if there was any change to bone density after the three months of pulse consumption as well as seeing if there was an improvement to gut health. The study returned exciting results with Dr. Lucas stating

“Yes, it was very good. At the end of the three weeks, we could see bone changes in some of the women, positive changes.” Dr. Lucas’s recent publication over this research also indicated that the gut health in the women also yielded positive results stating “Constipation score significantly improved ($p=0.003$)... fecal acetic acid ($p<0.001$), n-butyric ($p=0.038$), n-caproic ($p=0.004$)

and total SCFAs ($p=0.001$) were also significantly increased with pulse supplementation” (1). The new research by

Dr. Lucas and her lab is new and exciting; when asked how they went about collecting the samples from these women she explained that:

“each participant was given a calendar where they wrote down what they ate each day.” In an ideal situation each woman would consume 100g of the pulses each day, however Dr. Lucas explained that most of the time it was left up to trust that each woman consumed and honestly recorded what they ate. The study also recorded stool samples of each participant as well as did full body DEXA imaging to sample the bone density changes.

Dr. Lucas was also asked what she would tell the general public about her research if she got the chance, to which she replied... “The food you eat is so impactful to your health. Even just the small changes can hold a big difference to help.”

The research done by Dr. Lucas of Oklahoma State and her laboratory is new and exciting, hopefully can soon help many women. In recent news, Dr. Lucas also let us know that after the initial nine month funding for the recent study, up to 20 women would like to return for further studying. Be on the lookout for more of Dr. Lucas’s exciting research in the near future.

Reference:

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