

In developing countries, children usually undergo from underfeeding while being weaned, partly due to inadequate or inappropriate intake of safe and nutritious weaning foods. In addition, legume proteins are rich in lysine and deficient in sulphur containing amino acids, whereas cereal proteins are lacking in lysine. Wheat is the most important staple crop and provides amounts of a number of components which are essential or beneficial for health, notably protein, vitamins (notably B vitamins), dietary fiber and phytochemicals. In many parts of developing countries many families look for alternative source of protein from plant origin like cereal and legumes, because of high cost of animal-based foods and this constitute large proportions of overall proteins consumed daily. In growing countries, chickpea brings a multiplicity of taste and texture to the cereal-based diet, as well as high-grade protein, fiber, carbohydrates and minerals, thus ensuring a balanced diet.