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The Nutritive Value of the Mung Bean, Phaseolus Aureus Roxburgh.

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The mung bean prepared in various forms, constitutes an important part of the Chinese dietary. The commonest variety, one which was employed in this investigation, is the olive green bean, not the less common yellow seed described by Roxburgh. The air-dried bean is ovoid to globose in shape and about 4.5 mm. in length. According to Embrey and Wang[1] the mung bean has the following percentage composition: water 11.86, protein 22.10, carbohydrate 58.80, fat 0.80, fiber 3.09, and ash 3.55.

Embrey[2] has reported feeding experiments on the mung bean, employing Chinese white mice as the experimental animals. The results, however, were unsatisfactory. As experimental animals, Chinese white mice had not been properly standardized. The animals were extremely small, the adults weighing not more than 13 grams, and their growth capacity was limited.

Feeding experiments on a standard animal, namely, the albino rat *(Mus norvegicus albinus)*, have shown the following results.

With the intake at about 18 per cent of the ration, and representing not less than 20 per cent of the total calories, the proteins of the Chinese mung bean are biologically complete.

The mineral content of the mung bean is deficient apparently chiefly in Ca and Cl.

The mung beans, constituting 60 per cent of the diet, furnish a moderate amount of vitamin A. At 30 per cent level they are distinctly deficient in this vitamin.

The mung beans are a source of vitamin B. At the level of 30 per cent of the food mixture they furnish sufficient vitamin B for the normal nutrition of the rats.

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[1] Embrey, H., and Wang, T. C., *China Med. J.*, 1921, xxxv, 247.

[2] Embrey, H., *China Med. J.*, 1921, xxxv, 420.