# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRODUCTION</td>
<td>1</td>
</tr>
<tr>
<td>REVIEW OF LITERATURE</td>
<td>7</td>
</tr>
<tr>
<td>Production and Consumption</td>
<td>8</td>
</tr>
<tr>
<td>Chemical Composition</td>
<td>18</td>
</tr>
<tr>
<td>Nutritive Value of Legume Proteins</td>
<td>22</td>
</tr>
<tr>
<td>Biological Quality of Legume Proteins</td>
<td>27</td>
</tr>
<tr>
<td>Carbohydrates in Legumes</td>
<td>48</td>
</tr>
<tr>
<td>Flatulence</td>
<td>70</td>
</tr>
<tr>
<td>Antinutritional Factors</td>
<td>80</td>
</tr>
<tr>
<td>MATERIALS AND METHODS</td>
<td>99</td>
</tr>
<tr>
<td>Selection of Samples</td>
<td>99</td>
</tr>
<tr>
<td>Methods of Processing</td>
<td>100</td>
</tr>
<tr>
<td>Chemical Analysis</td>
<td>105</td>
</tr>
<tr>
<td>Biological Studies</td>
<td>106</td>
</tr>
<tr>
<td>Studies on Carbohydrates in Legumes</td>
<td>117</td>
</tr>
<tr>
<td>Study on Flatus</td>
<td>123</td>
</tr>
<tr>
<td>Antinutritional Factors</td>
<td>127</td>
</tr>
<tr>
<td>Statistical Analysis</td>
<td>128</td>
</tr>
<tr>
<td>RESULTS AND DISCUSSIONS</td>
<td>129</td>
</tr>
<tr>
<td>Proximate Composition</td>
<td>129</td>
</tr>
<tr>
<td>Nutritive Quality of Legume Proteins</td>
<td>132</td>
</tr>
<tr>
<td>Carbohydrates in Legumes</td>
<td>181</td>
</tr>
<tr>
<td>Study on Flatulence</td>
<td>210</td>
</tr>
<tr>
<td>Antinutritional Factors</td>
<td>218</td>
</tr>
</tbody>
</table>
SUMMARY AND CONCLUSION 224
SUGGESTIONS FOR FUTURE RESEARCH 230
BIBLIOGRAPHY 231
APPENDICES 1-50