

Benefits of Legumes and Pulses in your diet



Legumes and pulses are high in protein, fiber and certain amino acids, which have metabolism-boosting properties.

Legumes and pulses, such as lentils, peas, chickpeas, beans and peanuts, are particularly high in protein compared to other plant foods.

Studies suggest that their high protein content requires your body to burn a greater number of calories to digest them, compared to lower-protein foods.

Legumes also contain a good amount of dietary fiber, such as resistant starch and soluble fiber, which your body can use to feed the good bacteria living in your intestines.

In turn, these friendly bacteria produce short-chain fatty acids, which may help your body use stored fat as energy and maintain normal blood sugar levels.

Legumes are also high in arginine, an amino acid that may increase the amount of carbs and fat your body can burn for energy

In addition, peas, faba beans and lentils also contain substantial amounts of the amino acid glutamine, which may help increase the number of calories burned during digestion

NIMC, UBA Collaborate on Effective Deployment of National e-ID

The National Identity Management Commission (NIMC) and the United Bank for Africa (UBA) Plc, the Africa's global bank, have announced a partnership between both organizations that will see the Pan-African financial institution become the issuing bank for the National e-ID Card as a Payment Card.



This collaboration which is seen as an important opportunity to enhance and intensify the robust relationship between the NIMC and UBA, is expected to revolutionize the nation's financial inclusion drive and the Nigerian economic landscape.

It also affirms a commitment to bring about an all-round implementation of the identity management system and ensure speedy issuance and activation of Cards using available channels.

The collaboration is poised to ensure that the National electronic identity card which combines a proof of identity and access to financial services, will make it possible for Nigerians to receive a universally accepted identity card and also gain access to formal financial services.

The Card is one of the main components of the National Identity Management System, as the Commission has been charged with the mandate to establish and operate, a National Identity Management System, maintain and manage the National

Identity Database as well as issue a unique National Identification Number (NIN) and a General Multipurpose National Identity Card to eligible Nigerians and legal residents.

The Group Head- Cards, Digital Banking UBA, Mr. Adeyinka Adedeji, had before now, appreciated NIMC for finding the bank professionally worthy of taking up such a huge and technical project as that of the National e-ID Card. "We are more than delighted and would ensure that we will further raise the bar in delivering the top-notch service UBA is known for".

He further added that, the Card is embedded with the full functionalities of a prepaid Card, and can be loaded with funds and is acceptable on any payment platform including POS, ATM & Web channels for both local and international transactions.

Photo News



Kano state Coordinator, Engr. Auwal Sanusi delivering a speech on the importance of the NIN at the 1st Kano Youth Summit



Kano State Coordinator educating Students in Kano on the NIN and the NIMS during the Student Entrepreneurship, Peace Education and Anti Drug Abuse Summit



An enrollment station setup at the summit to encourage Students to enroll.



NIMC Staff with the National Association of Kano State Students Public Relations Officer

FORGOT YOUR NIN?
National Identification Number



DIAL *346#
Available on All Mobile Networks