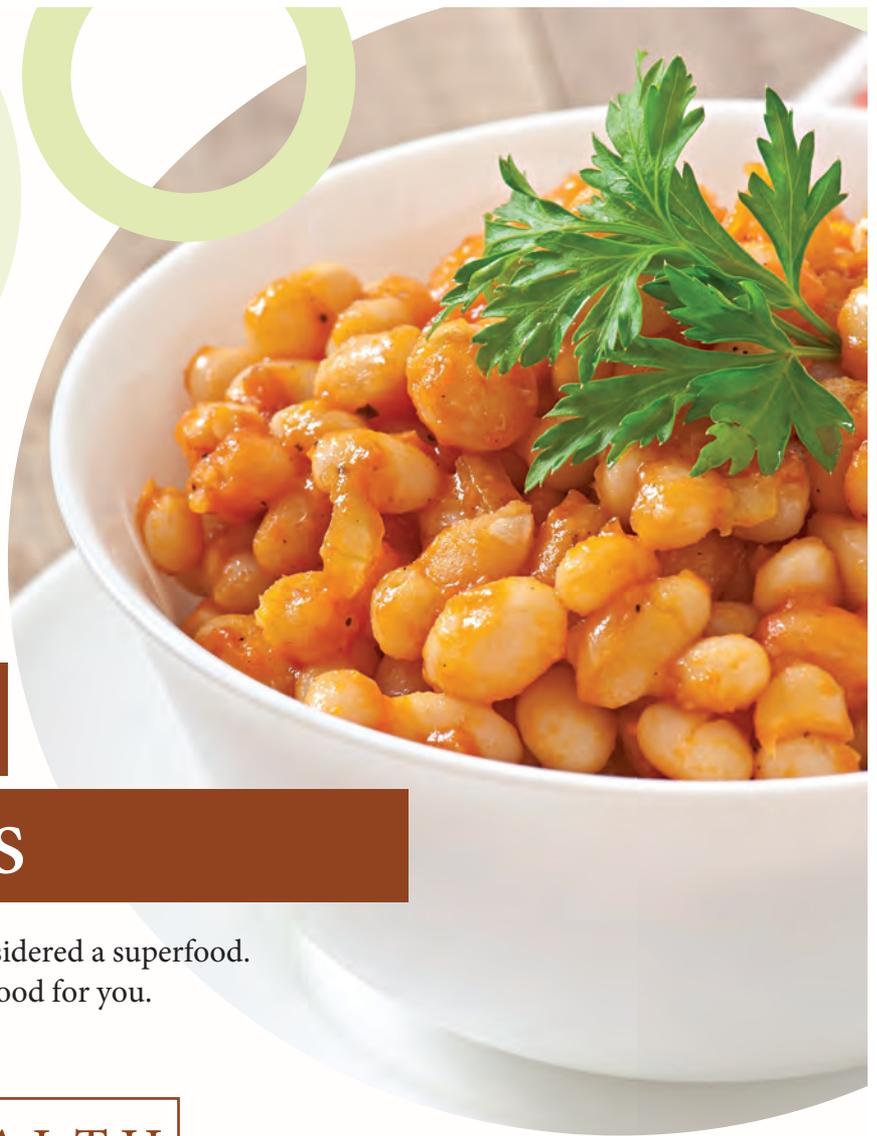




Superfood:

Benefits of Beans



Beans have so many health benefits that they are considered a superfood. Continue reading to discover all the ways beans are good for you.

HEALTH



HEART HEALTH

Studies show that a diet that includes beans lowers the risk of heart disease.

This is because they are a low fat source of protein, free from saturated and trans fats and cholesterol free.



BLOOD SUGAR LEVELS

Dry beans have a low glycemic index and contain complex carbohydrates that slow digestion. This helps lower blood sugar levels and even keep levels in the normal range.



ENERGY AND VITALITY

Beans are nutrient dense and contain protein, complex carbohydrates, fiber, anti-oxidents, vitamins and minerals.

The lean protein content of beans promotes and maintains muscle tone.

Complex carbohydrates in beans are a source of sustained energy and maintain satiety.



LONGEVITY

Beans are nutrient dense and contain protein, complex carbohydrates, fiber, anti-oxidents, vitamins and minerals.

Lean protein in beans promotes and maintains muscle tone.

Complex carbohydrates in beans are a source of sustained energy. Some studies suggest that the longest lived people in the world, eat a diet rich in beans.



PREGNANCY

Beans contain Folic Acid, a key vitamin for the health of pregnant women.

Consuming enough beans can help prevent neural tube defects.



KEY SOURCE OF VITAMINS

Beans are a great source of vitamins, have high iron content and are rich in phytochemicals and anti oxidants that have cancer preventive properties.



PLANT PROTEIN

Beans are a key source of plant based protein and can be consumed as part of a healthy diet that helps prevent and control chronic disease.

NUTRITION



PROTEIN SOURCE

Beans are an excellent source of plant protein.



VITAMINS AND MINERALS

Beans contain magnesium, zinc, and iron.

Beans also contain folic acid, a key vitamin for pregnancy health.



FIBER

Beans have a high content of soluble fiber which helps maintain healthy cholesterol levels.



RECOMMENDED CONSUMPTION

Health authorities recommend consuming three cups of beans a week in order to get the full health benefits.

BABY FOOD

Beans are an excellent addition to the diet of infants and children in order to meet their daily nutritional needs. Beans can be added to their diet during family meals and school meals.



SATIETY

Due to the starch content, beans slow down the digestion process creating a sensation of prolonged satiety.



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