

THE BEAN BEAT

QUICK FLASH DIGESTIBLE UPDATES ON USDBC

April 2024 Update

Nutrition Journal Publishes New Article on Bean Consumption and Health

Eating beans and chickpeas is good, eating more is even better.

People who eat more beans and chickpeas (also called pulses) daily have higher intakes of nutrients of public health concern such as:



calcium tied to improved **bone health**



fiber tied to improved **gut health**



potassium tied to **lower blood pressure**



Canned Beans
OPEN THE POSSIBILITIES

CAP
The Coalition for the Advancement of Pulses

usapulses.org/cap

On March 20, 2024, an abstract by Yanni Papanikolau and Victor Fulgoni titled, “Adult dietary patterns with increased bean consumption are associated with greater overall shortfall nutrient intakes, lower added sugar, improved weight-related outcomes, and better diet quality,” was published in the Nutrition Journal. The article is a critical part of the work of the Coalition for the Advancement of Pulses (CAP) to ensure that the 2025 US Dietary Guidelines recommend the consumption of three cups of pulses (beans) per week.

Read our press release here:

<https://www.einpresswire.com/article/701243190/new-study-shows-eating-beans-and-chickpeas-is-linked-to-better-diet-quality-and-healthier-body-weights?R6wF9AvbqY=D2F62BF62A13D18FA5A606D92D2F7A12>

Discussion to Add Bioengineered Dry Beans to AMS List is Problematic

A Federal Register Notice from USDA’s Agricultural Marketing Service (AMS) is asking for public commentary on the addition of bioengineered (BE) dry beans to their list. The list is a publication of all Bioengineered Foods (List) as it pertains to the National Bioengineered Food Disclosure Standard (Standard). The current commentary period asks if BE beans and BE cowpeas should be added to the list. USDBC is working together with USA Pulses and GPC to push back on this designation. We will submit separate commentaries and encourage you to as well. More details forthcoming, commentary due by April 29, 2024.

IFT 2024 Expo Will Include Pulse Focused Tasting Event

USDBC is planning a bean and wine pairing event on the sidelines of the IFT Expo in July, 2024. This event will be a collaborative effort with the US Dry Pea and Lentil Council/USA Pulses with support from Beans Is How and will feature five small plate tastings of beans, lentils, and garbanzos paired with wines. The Bean tasting event will take place at the Dalcy in Chicago’s historical Fulton Market district on July 15, 2024. Details forthcoming.

Reports Issued From Two Successful European Trade Missions



Joint Pulses booth at Alimentaria, Barcelona

In March, 2024 USDBC led two successful trade teams to the UK and Alimentaria (Spain)/ Italy. These are the first two missions led by USDBC's new London office. Reports from the UK trade mission note the importance of USDBC's presence in the UK and the need to increase communications with the trade. A separate group traveled to the Alimentaria Expo in Barcelona and continued on to meet with buyers in Italy as well as a stop to WFP in Rome. Italian buyers also expressed their interest and commitment to the US dry bean offers. Detailed trade reports available upon request.



USDBC Trade Team Meets with La Doria in Italy

Consumer and Market Surveys on Sub-Saharan Africa

USDBC received a new grant to study market possibilities for US dry bean exports to four Sub-Saharan markets – Nigeria, Senegal, Ghana, and Burkina Faso in 2023. The market research continues with several reports issued to our members. The latest was a consumer survey on Nigeria. Please request copies of these reports if interested.

USDBC Website is being updated and all reports will be posted to the members only section, please bear with us.

[Make sure you download the latest version of the USDBC app with the updated suppliers' guide.](#)

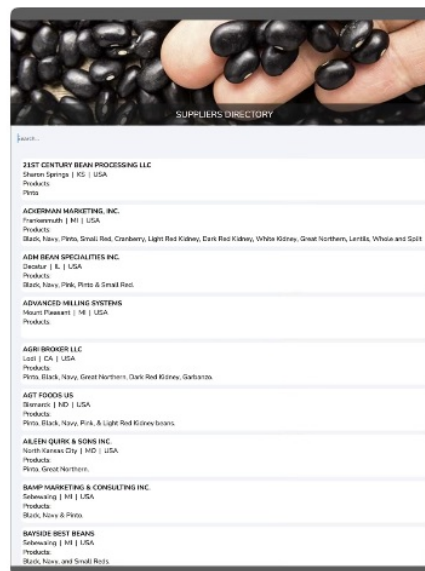
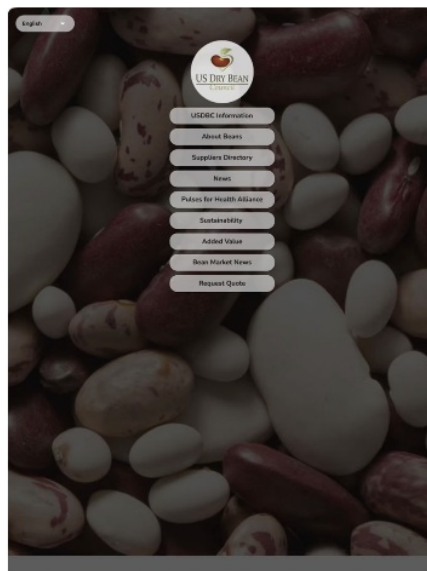


USDBC Suppliers Directory

US Dry Bean Council Directory

Designed for iPad. Not verified for macOS.

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UPCOMING BEAN EVENTS:

Food Aid Showcase, Washington DC - May 2, 2024

IFT First, Chicago, IL - July 14 - 17, 2024

USDBC Summer Meeting, Savannah, GA, August 1 - 3, 2024

Worldwide Reverse Trade Mission, North Dakota - September 2024

SIAL, Paris, October 19 - 23, 2024

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