

All About Beans

Beans are among the most versatile and commonly eaten foods throughout the world, and many varieties are grown in the U.S. Due to their nutritional composition, these economical foods have the potential to improve the diet quality and long-term health of those who consume beans regularly.

Dry edible beans are nutrient-rich foods; they contain a variety of vitamins, minerals and other nutrients while providing a moderate amount of calories. Beans provide protein, fiber, folate, iron, potassium, and magnesium while containing little or no total fat, trans-fat, sodium and cholesterol.

Beans help your heart by decreasing the risk for developing coronary heart disease, stroke, hypertension, and diabetes. It can also help lower the total LDL cholesterol and other risk factors for heart disease. Beans are rich in complex carbs and natural antioxidants, therefore are digested more slowly. As a result, bean consumption has been shown to increase feeling of fullness and help regulate plasma glucose and insulin levels after meals.



Did You Know?

Beans are naturally gluten-free, and they provide many of the same vitamins and minerals that are found in grain products. Bean flour may be particularly beneficial to those following gluten-free diets because bean flour can be combined with other gluten-free flours. Vegetarian or vegan diets depend on plant foods to provide important nutrients often found in animal products, such as, protein, iron and zinc. Considering beans are a valuable part of plant based diet- they are rich in several nutrients and serve as a meat alternative and contain the full components of amino acids when paired with grains. They are an excellent source of protein as well as high in fiber.

Nutrition Facts

Food Source	Serving Size (cooked)	Protein (g)	Fiber (g)
Lentils	½ cup	9.0	8.0
Pinto Beans	½ cup	8.0	8.0
Garbanzo Beans (Chickpeas)	½ cup	7.5	6.5
Kidney Beans	½ cup	7.7	6.5
Lima Beans	½ cup	8.0	7.0
Black Beans	½ cup	8.0	8.0

