



# Dried Beans

## Health Benefits of Beans

Beans are the key to a healthy diet. Inexpensive & versatile, beans are high in protein, nutrients & fiber, without the calories, saturated fat, cholesterol or price tag of animal products.

### **1/2 cup cooked or canned beans provides:**

- 105-125 Calories (depending on the bean), 6-9 gm protein, 6-10 gm fiber, <0.5 gm fat, no cholesterol

### **Potential benefits of consuming beans:**

- Excellent source of soluble fiber, which lowers cholesterol, maintains level blood sugars and helps you to feel full
- Excellent source of B vitamins & vitamin K, and minerals iron, potassium & magnesium for heart health and brain function
- Canned beans are as nutritious as those prepared at home. Seek out no-salt canned beans and be cautious of added fats
- Wash & boil dried beans in water until soft. Add to soups, pasta, casseroles, burritos & salads or mash into dips or spreads

For more information, visit: [www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

Brought to you by the Healthy Eating Active Living committee