



6 Reasons to EAT BEANS, BEANS, BEANS

6. Helps Controls Appetite



Beans are very filling. Therefore, eating beans often helps to control weight.



1. Balance Blood Sugar

Beans cause a lower and slower rise in blood glucose. This makes beans good for diabetes management.



5. Better Heart Health

Beans promote heart health because they contains fiber and potassium.



2. Reduce Risk of Cancer



Research has shown that a diet with beans, may reduce the risk of certain cancers.



4. High Antioxidants

Antioxidants help defend cells in the body from damage.

3. Protein Source



Beans are a plant-based source of protein.

The U.S. Dietary Guidelines recommends eating about 3 cups of legumes—like pinto, kidney, or black beans—per week. If you eat about ½ cup of beans every day, you'll meet the weekly Dietary Guidelines for beans.