



Canned Beans

OPEN THE POSSIBILITIES



Want to live longer? The secret is in the can!

Research shows that people who eat beans regularly have a longer life expectancy than people who don't eat beans regularly.¹

They deliver powerful nourishment, providing vitamins, minerals and nutrition benefits that become increasingly important with age. Canned beans make improving your nutritional intake more convenient while improving overall health and reducing risk of disease.

Canned beans pack a powerful protein punch. The muscles' response to protein becomes muted over time, so as we get older, we need to consume additional protein.² In addition to maintaining muscle mass, protein helps with satiety, supports bone health, and provides energy throughout the day.^{3,4} A naturally rich source of dietary fiber, canned beans help promote digestive health and support weight management and

weight loss.⁵ Prevention of obesity in the elderly is critical, as it has been shown to lead to type 2 diabetes, arthritis, urinary incontinence and depression.⁶

Adequate bean consumption can also lower both total and LDL-cholesterol levels⁷, can help control blood sugar^{8,9} and can help prevent cancer.¹⁰ These benefits help reduce risk for coronary heart disease, stroke, hypertension, diabetes, obesity, and certain gastrointestinal diseases.^{11,12}

So many reasons to add more canned beans to your daily diet, to live a longer, more delicious life.

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