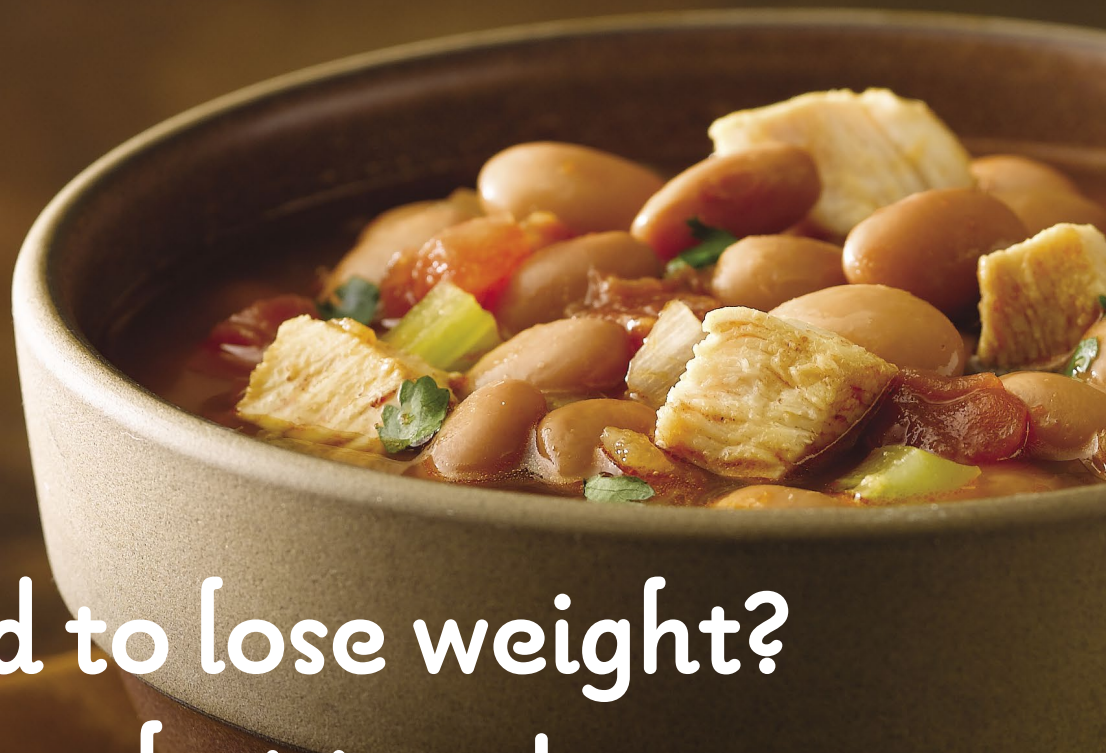




Canned Beans

OPEN THE POSSIBILITIES



Eat food to lose weight? Uncanny, but true!

Eating foods to help maintain and even lose weight seems counter-intuitive. But, it's actually possible! Research shows that eating beans, including canned beans, can play a significant role in weight management.

Not just one study, but many studies¹ have come to this conclusion. It's not just what's in the beans, but also what happens when we eat them that contributes to their ability to help manage weight.

- There is documented evidence that eating beans helps **you stay full longer**, increasing short term satiety and therefore helping with modest weight loss.²
- One study³ found that pulses, or beans, **increased the feeling of fullness by 31%**!
- Another study⁴ showed that adult bean eaters consume less total and saturated fat than non-bean eaters and have a **22% lower risk of obesity**.

The goodness of beans extends way beyond weight management. They promote digestive health, can help prevent heart disease, can help control blood sugar, and can make people healthier. Canned beans are also a convenient way to add more plants to your diet, and when replacing animal protein, improve heart health, reduce cholesterol and trim down caloric intake.

CANNED BEANS. OPEN THE POSSIBILITIES.

1. Kim, Shana J., et al. "Effects of dietary pulse consumption on body weight: a systematic review and meta-analysis of randomized controlled trials." *The American journal of clinical nutrition* 103.5 (2016): 1213-1223.
2. Clark, Sandra & Duncan, Alison. (2017). The role of pulses in satiety, food intake and body weight management. *Journal of Functional Foods*. 38. 10.1016/j.jff.2017.03.044.
3. Kim, et al. Effects of dietary pulse consumption on body weight: a systematic review and meta-analysis of randomized controlled trials. *American Journal of Clinical Nutrition*, March 2016 DOI: 10.3945/ajcn.115.124677
4. "Bean Consumption by Adults is Associated with a More Nutrient Dense Diet and a Reduced Risk of Obesity" by Victor Fulgoni, PhD, sponsored by Bush Brothers & Company: https://www.eurekalert.org/pub_releases/2006-04/epr-rsa033106.php#:~:text=Data%20for%20the%20study%20came,cent%20lower%20risk%20of%20obesity.

• Visit cannedbeans.org to learn more and Open the Possibilities.