

The Simplest Step to Improved Nutrition and Diet? It's in the Can.

Canned Beans Significantly Improve Nutrient Intake and Diet Quality in U.S. Adults

New research¹ shows that when commonly consumed protein foods were replaced with one and two servings of canned beans:



DIETARY FIBER

Increased by 30% and 51%

IRON

Increased by 7% and 13%

MAGNESIUM

Increased by 7% and 12%

POTASSIUM

Increased by 6% and 10%

THE HEALTHY EATING INDEX

Increased by 12% and 15%

FOLATE

Increased by 7% and 12%



1 serving



2 servings



Canned Beans®

OPEN THE POSSIBILITIES

cannedbeans.org

1. PAPANIKOLAOU, Yanni; PAPANIKOLAOU, Ava; SLAVIN, Joanne. Replacing Protein Foods for Canned Beans Increases Shortfall Nutrient Intakes and Improves Diet Quality in Adults. *Medical Research Archives*, [S.l.], v. 13, n. 9, oct. 2025. ISSN 2375-1924. Available at: <<https://esmed.org/mra/article/view/6993>>. Date accessed: 09 oct. 2025. doi: <https://doi.org/10.18103/mra.v13i9.6993>.