



Canned Beans

OPEN THE POSSIBILITIES



The Start of Something Good... for You

Canned beans have been a staple for diets worldwide for more than two centuries. The health benefits are plenty, earning them an enviable spot as one of the three most popular foods that Registered Dietitian Nutritionists (RDNs) say they try to eat more often. And, given their designation by the United States Department of Agriculture in the Dietary Guidelines for America as both a protein and a vegetable, canned beans pack a powerful nutritional punch and support health and wellbeing. Open your body, and your mind, to the many possibilities of canned beans.

FIBER FACTS

Canned beans, a naturally rich source of dietary fiber, help promote digestive health and support weight management and weight loss.¹ These benefits help reduce risk for coronary heart disease, stroke, hypertension, diabetes, obesity, and certain gastrointestinal diseases.^{2,3} Increased fiber intake is also associated with reduced blood pressure and reduced total and LDL-cholesterol levels.⁴ Individuals who eat beans regularly have a longer life expectancy than those who don't eat beans regularly.⁵ And, given the high levels of antioxidants, canned beans can help prevent cancer,⁶ meaning not just a longer life but a healthier life.

PROTEIN POWER

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.⁷ In addition to maintaining muscle mass, protein helps with satiety, supports bone health, and provides energy throughout the day.^{8,9}



Easily added as an ingredient or eaten alone as a side, canned beans are a convenient source of protein.

SO LONG SODIUM

Many manufacturers now offer reduced or no sodium canned bean varieties. However, draining and rinsing beans is a remarkably effective way to reduce sodium content without compromising taste and quality. A 2011 article published in the *Journal of Culinary Science & Technology* revealed that draining and rinsing reduced sodium by 41%. This reduction was consistent across all varieties tested.¹⁰ Given this proven technique, canned beans can be part of a low sodium diet.

CANNED BEANS. OPEN THE POSSIBILITIES.

From health and nutrition to convenience and safety, great taste and variety to versatility and value, the reasons for choosing canned beans are as plentiful as the ways they can be used.

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