



Canned Beans

OPEN THE POSSIBILITIES



Plant-Based Nutrition

Canned beans fit perfectly within one of today's hottest growing dietary trends: plant-based diets, which are diets that include more plants and plant-based proteins and less animal protein. The data showing sales of plant-based foods are at an all-time high, up 29% over the past two years¹, confirms consumers' growing interest in plant-based diets. Given their health benefits, versatility and delicious flavor, canned beans bring great taste and convenience to plant-based diets, making it easier than ever for consumers to add more plant-based foods to their meals.

WHAT'S DRIVING THE PLANT BASED BOOM?

More than one-third of Americans say they are trying to eat more plants or already follow a plant-based diet.² Some are doing so for health reasons, while others cite environmental concerns. Fluctuating meat prices also encourage people to explore meat alternatives. Whatever the reason, the increase in plant-based foods aligns with Registered Dietitian Nutritionists' recommendations to move toward a plant-based diet. And, canned beans make it easy, and tasty, to increase the amount of plants in the diet.

PLANTS PACK A HEALTH PUNCH

There are many health benefits associated with plant-based diets. For example, the vitamins, minerals, and antioxidants in plants can help strengthen your immune system. These nutrients also have been shown to reduce inflammation linked to heart disease, cancer, and arthritis. The fiber found in plant-based foods, including canned beans, can help with satiety and weight management, as well as boosting overall health and well-being. Fiber benefits extend to cholesterol reduction, blood sugar stabilization and improved digestion. Many beans also contain potassium, which helps regulate muscle contractions and may reduce blood pressure.

MOVE OVER MEAT

Canned beans can be used to replace some, or all the meat typically included in traditional recipes add taste, texture, and nutrition while reducing a dish's cholesterol and saturated fat. For example, they can replace one-third of the meat in tacos or lasagna. Or, they can serve as a total meat substitute to make veggie burgers or breakfast patties. They also can take center stage to create plant-forward globally inspired favorites like humus or chili.

89%

RDNs who recommend moving toward a plant-based diet³

Their health benefits, convenience, versatility, and delicious flavor make canned beans a perfect fit for today's plant-based diets.

CANNED BEANS. OPEN THE POSSIBILITIES.

1. <https://www.foodprocessing.com/industrynews/2020/plant-based-food-sales-up-11-4/>

2. BUSH'S Bean Brand Consumer Study April, 2020

3. BUSH'S Bean Brand Registered Dietitian Nutritionist Study April, 2020