

# Research shows that canned beans may help to...



Promote  
digestive  
health<sup>1</sup>



Control  
blood sugar<sup>3,4</sup>



Lower  
cholesterol<sup>2</sup>



Lose or  
maintain  
weight<sup>5</sup>



Prevent  
heart  
disease<sup>2</sup>



Prevent  
cancer<sup>6</sup>



Live longer!<sup>7</sup>

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**Canned  
Beans**

OPEN THE POSSIBILITIES