

# Canned beans fit perfectly as part of a plant-based diet.

Following a plant-based diet may:



reduce blood pressure



reduce cancer risk



strengthen the immune system



support weight management



reduce inflammation



improve cholesterol



prevent diabetes



save money



RDNs who recommend moving toward a plant-based diet<sup>1</sup>

1. BUSH'S Beans Registered Dietitian Nutritionist Research, March 2020