

SIMPLY DELICIOUS, NATURALLY NUTRITIOUS BEANS

It's hard to find a simply delicious, naturally nutritious food that provides more benefits than beans. We're talking about dry edible beans like pinto beans, black beans, kidney beans, and many other types that are harvested when the beans are dry in the seed pod.



From protein and fiber to cost-savings and convenience, dry beans are a simply delicious, naturally nutritious food that's a great choice for any meal.

Need more convincing? **Here are five great reasons to love beans.**

1. Beans Are Naturally Nutritious

- All beans are good sources of protein, excellent sources of fiber, and naturally fat-, sodium-, and cholesterol-free.
- A ½ cup serving of cooked beans contains, on average, 115 calories, 8 grams of protein, less than half a gram of fat, 21 grams of carbohydrate, and 7 grams of fiber.
- Canned beans contain added sodium but draining and rinsing removes up to 40% of the added sodium.
- According to the U.S. Dietary Guidelines for Americans, beans are a “unique food.” Because of their unique combination of nutrients, beans may be considered both a vegetable and protein food when building a healthy plate.

2. Beans Provide Multiple Health Benefits

- **Eating beans may reduce your risk of heart disease, diabetes, and certain types of cancer.** Several studies demonstrate that regular consumption of beans—eating about ½ cup of beans most days of the week—may reduce the risk of many diseases including heart disease¹, diabetes², and cancer³.
- **Eating beans may help you maintain a healthy weight.** People who consume beans frequently have been shown to have a lower body weight.^{4,5}
- **Eating beans may support a healthy gut.** There is increasing research and attention about the health of the gut or gastrointestinal (GI) tract, how it contributes to overall physical and mental health, and how certain foods benefit or harm the gut. Beans contain a type of fiber called oligosaccharides (all-uh-go-SACK-are-rides), which are non-digestible, fermentable fibers. These fibers make their way intact to the colon where they feed the good, beneficial bacteria.⁶

What does “regular bean consumption” mean? The U.S. Dietary Guidelines recommends eating about 3 cups of legumes, like pinto, kidney, or black beans per week.⁷ If you eat about ½ cup of beans every day, you'll meet the weekly Dietary Guidelines for beans.



3. Beans Provide Endless Culinary Options

- Beans' satisfying texture and mellow flavor make them the perfect blank canvas as a starting point for any meal.
- Beans can be served with breakfast, lunch, dinner, or as a snack. Pinto bean hummus, anyone?
- Beans can be added to many foods to add flavor and nutrition. For example, you can add beans to smoothies, soups, and salads for a boost of plant-based protein and fiber.
- Beans are considered a staple ingredient in many traditional dietary patterns because they are eaten so frequently. In Mexican home kitchens, beans may be served three times a day! Looking to world cuisines and cultures is a great way to find inspiration for cooking with beans.
- Visit BeanInstitute.com to find more recipes and inspiration from world kitchens in Asia, Latin America, and the Mediterranean, as well as regional American favorites.

4. Beans Are Budget Friendly!

- Beans are one of the lowest cost per serving protein foods. Based on the data below, if a family of four substitutes dry pinto beans for lean ground beef two days a week for a year, they could save nearly \$450!⁸
- Beans are also one of the most nutrient-rich, lowest cost foods. A recent vegetable cost analysis found that beans and potatoes are the most nutritious vegetables per penny. The study examined 98 vegetables—fresh, frozen and canned—and calculated the cost per 100 grams, per 100 calories, and per edible cup. A nutrient density score was based on six nutrients: dietary fiber, potassium, magnesium; and vitamins A, C & K.⁹

Food	Serving Size	Cost per Serving
Pinto Beans (cooked from the dry form)	½ cup	\$0.07
Lentils (cooked from the dry form)	½ cup	\$0.08
Red Kidney Beans (cooked from the dry form)	½ cup	\$0.10
Eggs, grade A, large	1 large	\$0.18
Pinto Beans (canned, drained)	½ cup	\$0.19
Red Kidney Beans (canned, drained)	½ cup	\$0.19
Chicken Breast, Boneless, skinless	3 oz.	\$0.65
Pork Chop, boneless	3 oz.	\$0.85
Beef, round roast, USDA choice, boneless	3 oz.	\$1.06
Ground Beef, 90% lean	3 oz.	\$1.14

5. Beans Are A Sustainable Food Choice

- The 2015 Dietary Guidelines for Americans Scientific Report concludes that a diet higher in plant-based foods and lower in animal-based foods is both healthier and more sustainable.
- What is a sustainable diet? The 2015 Dietary Guidelines for Americans Scientific Report recommends eating more vegetables, fruits, whole grains, low- or non-fat dairy, seafood, legumes (including beans), and nuts; and eating less red and processed meats, sugar-sweetened foods and drinks, and refined grains.¹⁰
- Move beans to the center of your plate! There is an increasing movement to rethink the main foods on the plate. This means featuring beans and other legumes, whole grains, and produce as the star of the plate, and using meat in smaller amounts.

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BEANS FOR BUSY FAMILIES

You've had a crazy day at work and the last thing you want to do tonight is cook a homemade meal. How great would it be if dinner was already planned and prepared? And how awesome would it be if that meal was simply delicious, naturally nutritious, and cost-effective?



Planning and preparing for the week's meals, and including nutritious, cost-saving ingredients like beans in multiple meals each week is a great way to stay healthy and save time and money. Here's some information and helpful tips to get you started.

Beans Are Simply Delicious

Beans' satisfying texture and mellow flavor make them the perfect blank canvas as a starting point for any meal. Preparing a bag of dry beans at the start of the week—by sorting, rinsing, soaking, and cooking—allows you to easily prepare a wide variety of healthful, flavorful meals during the week. And of course you can also use canned beans, which cost a bit more per serving but save time.

Beans Are Naturally Nutritious

All beans are good sources of protein, excellent sources of fiber, and fat-, sodium-, and cholesterol-free. Regularly eating beans may help you maintain a healthy weight and reduce your risk of heart disease, diabetes, and certain forms of cancer.

Beans Are A Low Cost Food

Beans are one of the lowest-cost per serving protein foods. A ½ cup serving of dry beans costs a mere \$0.07 per serving. Compare that to a serving of lean ground beef at \$1.14. If a family of four substitutes dry beans for lean ground beef twice a week for a year, they could save about \$450!

Make Sunday Your Menu and Food Prep Day

Carving out 1-2 hours of your Sunday for food prep can save you time and money during the week. You can make it something fun with the family or make it your own relaxing time.

- **Family Fun:** Include the kids and make Sunday Food Prep Day a family tradition. Simple tasks like measuring, mixing, or even a little chopping for older children are great ways to involve kids in the kitchen.
- **Relaxation Time:** Send the family out for a few hours, turn on some relaxing music, pour yourself a glass of wine, and make this a time for you to peruse cookbooks, cooking magazines, or your favorite online recipe site. We hope you include the Bean Institute site in your list of favorites! Even taking the time to write menu ideas for dinner Monday through Friday can take some of the pressure off during the week. You'll have a plan, and you can start to prep ingredients on Sunday so that meal prep during the week is faster and easier. Cooking a big batch of dry beans on the weekend means you'll have beans available during the week to add to your favorite recipes.

Cook with Dry Beans: The Four-Step Method

Dry beans are an excellent, versatile ingredient but to start with beans in their dry form, you need to follow four simple steps.

1. Clean the Beans

- Place the beans in a shallow layer in a pie plate or baking sheet.
- Pick out and discard any foreign objects like leaves, small stones or twigs, as well as any broken beans.

2. Rinse the Beans

- Place the beans in a colander or strainer and rinse them under cold running water.

3. Soak the Beans: The Hot Soak Method

- Place beans in a large pot and add 10 cups of water for every 2 cups of beans.
- Heat to boiling and boil for an additional 2 to 3 minutes.
- Remove beans from heat, cover and let stand for 4 to 24 hours.
- Drain beans and discard soaking water.
- Rinse beans with fresh, cool water.
- They're now ready to cook!

4. Cook the Beans

- Place the beans in a large stockpot and cover with fresh, cold water.
- Place over medium heat to keep cooking water at a gentle simmer to prevent split skins. (Beans expand as they cook so add warm water periodically to keep the beans covered.)
- Stir beans occasionally throughout the cooking process to prevent sticking.
- Beans take 30 minutes to 2 hours to cook, depending on the type. When fully cooked, the beans should be tender but not mushy.



Storing Cooked Beans

After the beans have cooked and cooled, place the beans and cooking liquid in an airtight container and refrigerate. Cooked beans will keep up to five days in a covered container.

Bean Counting

The following chart provides information on bean yield for various forms. Let's say you want to feed your family of four a serving of beans at one meal every day next week, Monday through Friday. You'll need 20 servings or 10 cups of beans. This means you'll need to cook about two pounds of dry beans this weekend or buy 6 15-oz. cans of beans.

One pound bag of dry beans	= 2 cups dry beans
One pound bag of dry beans	= 6 cups cooked beans, drained
One cup of dry beans	= 3 cups cooked beans, drained
½ cup cooked beans, drained	= 1 serving of beans
One 15-oz. can of beans	= 1.75 cups cooked beans, drained
One 15-oz. can of beans	= 3.5 servings of beans



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Your 5-Day Bean Plan

This simple 5-day beans plan shows you how to enjoy at least one serving of beans every day of the week, at any meal, any day!

Monday	Breakfast	Make a Breakfast Bean Burrito by filling a plain or whole grain 10" flour tortilla with a scrambled egg, 3/4 cup canned, drained, and rinsed reduced-sodium black or pinto beans, and ¼ cup shredded cheese. Roll tightly to form a burrito, place on a microwave-safe plate and microwave for 45-60 seconds. Top with your favorite salsa and enjoy!
Tuesday	Lunch	Salads are a great way to get your veggies. Add ½ cup beans to your favorite salad. Cannellini beans are a great addition to Caesar salads, and pinto beans go great with taco salads.
Wednesday	Snack	A smoothie is so refreshing and delicious! Make a Berry Bean Smoothie by combining 1 cup non-fat vanilla Greek yogurt, 1 cup blueberries, 1 medium banana, 1/2 cup canned, drained and rinsed reduced-sodium white kidney or cannellini beans and 1 tablespoon honey in a blender. Blend until smooth. Pour into a glass, add a straw, and enjoy!
Thursday	Dinner	Does your family love pasta? You can add navy beans to your favorite chicken Alfredo pasta recipe or kidney beans to your lasagna or spaghetti recipe.
Friday	Snack	Hummus is one of the most popular snacks in the U.S. today. Treat yourself to some Pinto Bean Hummus by combining 1-15 oz. can of pinto beans (drained and rinsed), 2 tablespoons olive oil, 2 tablespoons tap water, 1 garlic clove, and 1 teaspoon Italian seasoning in a mini food processor. Process until smooth. Grab some pita chips and snack happy!

Learn more about beans and access great recipes and more at BeanInstitute.com.



Breakfast Bean Burrito



Berry Bean Smoothie



Pinto Bean Hummus

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BEANS FOR BABIES

Beginning the transition from breast milk or formula feeding to solid foods is an interesting and important time in a child's development, one that may impact lifelong eating habits. Children gain many skills as they learn to eat solid foods, and parents sometimes struggle to know if and when their child is ready to try new foods, and how best to do so.



Establishing a positive experience with a variety of healthful foods is important, and research shows that creating an early preference towards healthful foods may continue throughout childhood, adolescence, and even into adulthood.

Beans: A Uniquely Nutritious Food

Beans are a plant-based food that provide key nutrients for a growing child, including protein, fiber, folate, magnesium, iron, and potassium. Because of their well-rounded combination of nutrients, beans were called out by the 2010 Dietary Guidelines for Americans as a "Unique Food," one that can be considered both a vegetable and a protein food.

Is Your Child Ready for Solid Foods?

It's important to remember that readiness for solid foods is less about age and more about a child's ability. How will you know when to begin the transition to solid foods? As a general rule of thumb, your baby is ready for solid foods when he or she displays the following behaviors. This typically happens around 6 months but may be earlier or later.

- Can sit up, alone or with support
- Lifts and supports head
- Mouths or chews on fingers and toys
- Opens mouth when he or she sees something coming
- Turns head away if he or she doesn't want it
- Keeps tongue flat and low to accept a spoon
- Closes lips over the spoon and scrapes food from the spoon with lips
- Keeps the food in his or her mouth



First Foods Schedule

When to introduce foods and the order of introduction is a science, and it's important to introduce foods in the right order for developmental and nutrition reasons. Only introduce one new, single ingredient food to your baby every five days. This allows you to see any negative reactions your child might have to a new food, such as an allergic rash.

► **First Food: Iron-Fortified Baby Cereal**

Cereal is an excellent first choice because it's easy to digest. The consistency can vary depending on the amount of liquid added. Mix the cereal with formula or breast milk. Start with thin cereal and as the baby becomes a better eater, thicken it up, eventually to the point of having chunks to encourage mouth development. Learning to eat cereal and to master a spoon can take a month or more!

► **Next Up: Mashed or Pureed Fruits and Vegetables**

After a baby has enjoyed eating thick or even lumpy cereal, it is time to introduce fruits and vegetables. When introducing a new food, do so individually, allowing your baby an opportunity to experience and become familiar with the new taste and texture. Introduce 1 to 2 tablespoons of a new fruit or vegetable, along with the grain cereal, but not mixed. New fruits and vegetables should be well-cooked, mashed, or pureed to a smooth consistency to start. You can transition to more texture as your child becomes a better eater.

Q. **Should I give my baby dry, cooked beans or canned beans?**

Cooked dried beans are preferred, as they contain no sodium. If using canned beans, choose a low-sodium variety, and be sure to drain and rinse the beans to remove excess sodium. Rinsing can remove about 40% of the added sodium. Two tablespoons of low-sodium, canned pinto beans, after rinsing, contain about 20 milligrams of sodium.

Q. **Is my child's "picky eating" something to be concerned about?**

What we commonly refer to as "picky eating" is actually an innate safety mechanism for infants and toddlers as they transition from an exclusive milk/formula diet to solid foods. For much of human history, people did not know what was safe and unsafe to eat, and therefore, any new food is met with skepticism and caution until it is proven safe. Research suggests that it can be between 5 to 10 (possibly up to 15!) exposures to a new food before it may be accepted and preferred.

When to Introduce Beans

Your child will be ready to try cooked, mashed beans when you see some of the following signs, likely at 7 to 10 months of age.

- Sits alone
- Bites off food
- Chews with rotary motion and moves food side-to-side in mouth
- Begins curving lip around cup
- Hand grasp changing from palm to pincher grasp (thumb to index finger)

How to Introduce Beans

1 Start by introducing your child to 1 to 2 tablespoons of cooked, mashed beans. Mash the beans to the consistency he or she can handle and enjoys. If your child likes more texture, simply use a fork or potato masher and leave the beans chunky. If your child prefers smoother textures, a food processor will work well.

2 Introduce beans for the first time when your baby isn't full but not starving. Provide a little breast milk or formula (about half of what he or she would normally eat in a sitting), and then introduce the beans. If your baby is too hungry, she may be frustrated she's not getting food fast enough. If she's full, she may not be interested. This is a good rule of thumb for introducing any new solid food.

3 Don't introduce beans when your baby is tired, cranky or sick. It's best to introduce a new food when a baby is well-rested and happy!

4 If at first you don't succeed, keep trying. Children eat what they like, and like what they know. You must give a child time and opportunities to learn if he or she likes or does not like a particular food.

5 If your baby refuses, don't force it. Pressuring a child to eat when he doesn't want to may disrupt his internal hunger cues, and has been linked to overeating, and in some cases, a negative relationship with the forced food. It's important to follow your baby's lead in feeding, letting him control the amount and tempo, and to stop when he wants to stop.

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What About Portion Size?

How Much Does My Child Need? Portion sizes for young people are quite different than adult portions. Elyn Satter, Registered Dietitian and international children's feeding expert has provided this helpful chart to know what portion sizes children often eat. Keep in mind that these are general guidelines to help you understand how much a child might take or eat. Satter in no way intends the guidelines to be used for restricting a child's portion sizes or trying to get him or her to eat more than he or she wants. Satter points out that children know how much they need to eat. To support them in eating as much or little as they need and growing in the way that is right for them, follow Satter's Division of Responsibility in Feeding: **Parents are responsible for the what, when, where of feeding and children are responsible for the how much and whether of eating.**

For more information, see www.ElynSatterInstitute.org.



Food	Ages 1-3 years	Ages 3-5 years	Ages 6-8 years	Ages 8+ years
Cooked or canned dry beans	1-2 tbsp	3-5 tbsp	5-8 tbsp	½ cup
Meat, poultry, fish	1-2 tbsp	1 oz	1-2 oz	2 oz
Eggs	¼	½	¾	1 egg
Pasta, rice, potatoes	1-2 tbsp	3-5 tbsp	5-8 tbsp	½ cup
Bread	¼ slice	½ slice	1 slice	1 slice
Vegetables	1-2 tbsp	3-5 tbsp	5-8 tbsp	½ cup
Fruit	1-2 tbsp or ¼ piece	3-5 tbsp or ½ piece	5-8 tbsp or ½ piece	½ cup or 1 piece
Milk	¼– ⅓ cup	½– ⅔ cup	½ to ⅔ cup	1 cup
Fats & oils	To appetite	To appetite	To appetite	To appetite

Satter, EM. 2000. Child of Mine. Feeding with Love and Good Sense, Page 339. Boulder, CO. Bull Publishing Company. Used with permission from the author.

MAKING FAMILY MEALS A Time Where Healthful Eating is Practiced and Enjoyed by All Family Members

Family meals are a great place to encourage everyone in the family to eat a healthful diet. The Dietary Guidelines for Americans recommends all people ages 2 and older eat between 1 to 3 cups of beans per week. Serving beans at most meals and having young children eat along with the family is a great way to encourage healthful eating for your child, as well as the entire family.

Research has found many benefits to regular family meals including the development of healthful eating patterns, increased nutrient intake, and decreased likelihood of being overweight. Modeling good eating behaviors, communicating positively about food, and creating a positive context for healthful foods will be beneficial for your baby and the entire family.



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and health plus recipes, visit
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LET'S GET SOCIAL! 20 CULINARY BEAN TWEETS

Want to share culinary bean facts and inspiration via social media? Here are 20 culinary bean Tweets to get you started.



Did you know?

#DYK Beans (pinto, navy, black, kidney, etc.) are naturally fat-, sodium-, and cholesterol-free. **#beanfacts**

#DYK Beans (pinto, navy, black, kidney, etc.) are excellent sources of **#fiber** and good sources of potassium. **#beanfacts**

#DYK Nearly half of all beans consumed in the U.S. are pinto beans. **#beanfacts**

#DYK Beans are one of the lowest cost-per-serving **#protein** foods. Prepared from the dry form, a half-cup serving costs \$0.07. **#cookwithbeans**

#DYK Draining and rinsing canned beans can remove up to 40% of the added **#sodium**. **#beanfacts**

#DYK One pound of dry beans yields about 6 cups of cooked beans. **#beanfacts**

#DYK A 15-oz. can of beans, after draining, yields 1.75 cups of beans. **#beanfacts**

#DYK A ½ cup serving of beans contains about 120 calories, 8 grams of **#protein**, and 7 grams of **#fiber**. **#beanfacts**

#DYK Beans are a low glycemic index food, which means the carbohydrates in them are slowly absorbed. **#beanfacts**

#DYK There are four steps for cooking with dry beans. Sorting. Rinsing. Soaking. Cooking. **#cookwithbeans**

#DYK Soaking improves the texture of beans, and draining the soaking liquid improves beans' digestibility. **#cookwithbeans**

#DYK Beans can appear on the kitchen table in Mexican homes three times a day, at breakfast, lunch, and dinner. **#cookwithbeans**

#DYK Cowboy beans are pinto beans cooked with bacon, onion, poblano chiles, tomatoes, and coriander. **#cookwithbeans**

#DYK Refried beans are made with cooked, mashed pinto beans, vegetable oil, and onions. **#cookwithbeans**

#DYK French Cassoulet is a slow-simmered mix of beans, pork sausages, pork shoulder, pancetta, and duck. **#comfortfood #cookwithbeans**

#DYK Italian Minestrone is a light, broth-based soup made with seasonal vegetables and a mixture of beans. **#cookwithbeans**

#DYK Tuscan Ribollita is a broth-based soup made with beans, seasonal vegetables, and day-old bread to thicken it. **#cookwithbeans**

#DYK Greek Gigantes are large white beans oven-baked with olive oil, tomatoes, oregano, and honey. **#comfortfood #cookwithbeans**

#DYK Boston Baked Beans is a stew made with navy beans, pork, and molasses or maple syrup. **#comfortfood #cookwithbeans**

#DYK Louisiana Red Beans & Rice is made w/small red beans, onion, smoked Andouille sausage and Tabasco, and served over rice. **#cookwithbeans**

Need more inspiration and ideas for social media? Visit BeanInstitute.com

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COOK WITH BEANS: BEANS FOR BREAKFAST

Breakfast is often been called the most important meal of the day, one that provides nourishment to break the overnight fast and energy for morning work or play. While the majority of Americans eat three meals and at least one snack every day, recent research shows that increasing numbers of Americans are skipping breakfast and instead eating morning snacks.



Whether you're a breakfast eater or morning snacker, make beans part of your morning routine. Simply delicious, naturally nutritious beans provide plant-based protein, fiber and a variety of other essential nutrients.

Benefits of Breakfast

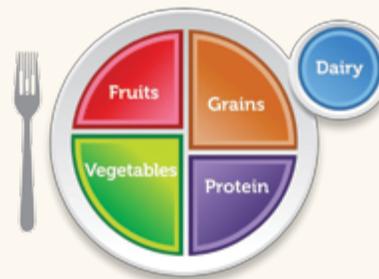
Breakfast provides multiple nutrition and health benefits for adults and children, including weight control and improved performance.

Other benefits include:

- Better overall diet quality, including higher intakes of fruit and whole grain foods
- Higher intakes of important nutrients, including fiber, calcium, and potassium
- Appetite control before and at lunch
- Improved concentration, alertness, and mood
- Increased energy and endurance

What is a healthy breakfast?

A healthy breakfast can take many forms, but at the very least it should contain foods from at least three of the following MyPlate food groups:



- **Fruits**
- **Vegetables**
(Beans are part of this group.)
- **Grains**
- **Protein Foods**
(Beans are also part of this group!)
- **Dairy**

Choose**MyPlate**.gov

Are you getting enough protein at breakfast?

Optimal protein intake is a hot topic in the nutrition community. Total protein intake isn't the issue of concern here—most Americans get more than enough. The goal is ensuring people eat enough protein at each meal to promote muscle health.

Experts now recommend that adults consume approximately 25-30 grams of protein at each meal. Most Americans get this amount at dinner and sometimes lunch, but typically fall short at breakfast. Beans provide plant-based protein. A half-cup serving of beans provides approximately 8 grams of protein.



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BEANS FOR BREAKFAST, BRUNCH...OR A MORNING SNACK

Beans are an awesome food to add to your breakfast routine. Here are some tips for adding beans to your breakfast, brunch, or morning snack line-up.

Make-Ahead Breakfast Ideas

These make-ahead ideas can be done a night or two before you need a quick, convenient, grab and go breakfast.

Breakfast Bean Burrito

Fill a plain or whole grain 10" flour tortilla with 3/4 cup canned, drained, and rinsed reduced-sodium black or pinto beans. Add 1/4 cup shredded cheese. Roll tightly to form a burrito. Wrap in plastic wrap and hold in the refrigerator overnight. In the morning, remove from plastic wrap and simply microwave the burrito for 45-60 seconds on a microwave safe plate. Unfold tortilla, add 2 tablespoons salsa and re-roll tightly. Wrap in foil to keep it warmer longer, and then grab and go!

Nutrition Information per Serving: Calories: 500, Total Fat: 15g, Saturated Fat: 7.5g, Cholesterol: 30mg, Sodium: 870mg, Potassium: 570mg, Total Carbohydrate: 69g, Fiber: 15g, Protein: 25g

Breakfast Bean

Burrito with Egg

Enhance the protein content and flavor of your bean burrito by adding a scrambled egg.

Nutrition Information per Serving:

Calories: 585, Total Fat: 20g, Saturated Fat: 9g, Cholesterol: 220mg, Sodium: 1025mg, Potassium: 960mg, Total Carbohydrate: 70g, Fiber: 15g, Protein: 32g

Suggested Serving: Add additional salsa and/or plain, low-fat Greek yogurt for extra flavor and protein!



5-Minutes or Less Breakfast Ideas

These two smoothies take less than five minutes to make, yet they provide energy that lasts all morning long!

Berry Bean Smoothie

Combine 1 cup non-fat vanilla Greek yogurt, 1 cup blueberries (fresh or frozen), 1 medium banana, 1/2 cup canned, drained and rinsed reduced-sodium black beans and 2 tablespoons honey in a blender. Blend until smooth. Pour into two glasses, add straws, and then grab and go!



Nutrition Information per Serving: Calories: 315, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 10mg, Sodium: 130mg, Potassium: 560mg, Total Carbohydrate: 65g, Fiber: 7g, Protein: 4g

Buttermilk Banana

Bean Smoothie

Combine 1 cup low-fat buttermilk, 1 cup canned, drained and rinsed white kidney or cannellini beans, 1 frozen ripe banana, 2 teaspoons honey, and 1/4 teaspoon nutmeg in a blender. Blend until smooth. Pour into a glass, add a straw, and then grab and go!



Nutrition Information per Serving: Calories: 475, Total Fat: 4g, Saturated Fat: 2g, Cholesterol: 10mg, Sodium: 470mg, Potassium: 1520mg, Total Carbohydrate: 90g, Fiber: 15g, Protein: 25g

Morning Bean Snacks

Don't have time for breakfast? Include a few bean snacks in your morning and you'll get many of the same benefits of breakfast. Here are a few ideas to get you started.

Bean Dip with Whole Grain Crackers

Grab a container of bean dip at your local grocery store and combine with whole grain crackers for a convenient, nutrient-rich snack.

Pinto Bean Hummus with Pita Chips

Combine 1-15 oz. can of pinto beans (drained and rinsed), 2 tablespoons olive oil, 2 tablespoons tap water, 1 small garlic clove, and 1 teaspoon Italian seasoning in a mini food processor. Process until smooth. Transfer 1/2 cup servings to four small plastic, covered containers. Keep in the refrigerator until you're ready to grab some pita chips and take this snack show on the road!

Nutrition Information per Serving: Calories: 170, Total Fat: 7g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 240mg, Potassium: 330mg, Total Carbohydrate: 20g, Fiber: 7g, Protein: 7g



Leisurely Morning Breakfast or Brunch Ideas:

Just add beans! Add 1-15 oz. can of pinto or black beans to your favorite egg bake, quiche, or frittata recipe.

Black Bean Avocado Omelet

Fill a two-egg omelet with 1/2 cup black beans, a few tablespoons sharp cheddar, and half an avocado, diced. Top the omelet with your favorite salsa and serve with whole grain toast.

Breakfast Torta

Tortas, traditional Mexican sandwiches, are made with large, oblong, crusty white rolls. The rolls are cut in half and the top half is covered with pureed black beans. The fillings are diverse and can include meats, vegetables, and cheeses. They can be eaten cold or warm, as pressed sandwiches (think of Italian panini). You can make a breakfast torta by cutting your roll in half, spreading the top half with pureed black beans, and loading the bottom with scrambled eggs and chorizo, a Mexican sausage. You could also spread the bottom with avocado or guacamole, a fried egg, and a few slices of ripe tomato. The creative interpretations are endless for this classic, craveable Mexican sandwich.

COOK WITH BEANS: NO RECIPE REQUIRED

You don't always need a recipe to make a great tasting, satisfying, and healthy meal. Sometimes the best meals are created when simple ingredients are put together without specific amounts or instructions. This allows you to be creative and use what you have on hand. And when you include simply delicious, naturally nutritious beans, it's guaranteed to be a pleaser for your waistline, your wallet, and your taste buds!



Here are some simple tips and tricks to make “no recipe required” meals and snacks.

Beans at Breakfast

Add 1-15 oz. can of pinto or black beans to your favorite egg bake, quiche, or frittata. These dishes are simple combinations of eggs, vegetables, cheese and meat. And if you buy a pre-made pastry crust for the quiche, it couldn't be easier!

Satisfying Smoothies

Add drained, rinsed canned beans to your favorite smoothie recipe to boost the protein and fiber content.

Bean Dip with Vegetables and Whole Grain Crackers

Grab a container of bean dip at your local grocery store and combine with your favorite raw vegetables and whole grain crackers for a convenient, nutrient-rich snack.

Simple Salads

When it comes to salads, almost anything goes. They are an excellent way to use up whatever ingredients you have on hand, and they can help ensure you get your vegetable servings each day. Add a can of your favorite beans to any vegetable, grain, or pasta salad. Adding beans to salads gives you flavor, texture, and nutrition!

Wraps & Sandwiches

Beans make a great addition to almost any sandwich or wrap. Mash or puree your favorite bean to use as a creamy spread on your sandwich, or toss whole beans in your wrap for extra protein and fiber.

Tacos, Burritos, Nachos, and Quesadillas

When enjoying your favorite Mexican food, don't forget the beans! Whether served as a simple side, or enjoyed in your favorite Mexican dish, beans are a natural fit to add flavor and nutrition. Also, beans are a great meat substitute for any vegetarian or vegan eaters.

Build Great Meals with Beans & Rice

Beans and rice are staple foods in many cultures around the world. Add your favorite combination of seasonings, sauces, proteins, and vegetables to make it your own. If you want to boost the fiber content, use brown rice or more “exotic” whole grains like quinoa or barley.

Remember, beans are a simply delicious, naturally nutritious food, and a great addition to any meal – recipe or not! Add them to your favorite dishes to make great tasting, satisfying, healthy and cost-effective meals.

Access more bean information and
inspiration at BeanInstitute.com.



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COOK WITH DRY BEANS: THE FOUR-STEP METHOD

Dry beans are an incredibly nutritious, versatile and inexpensive ingredient. The cost of one ½ cup serving of dry beans is about one-third the cost of canned beans. Cooking with dry beans is easy and rewarding, but to cook with dry beans versus canned beans you need to follow four simple steps.



Four Simple Steps

STEP 1: Clean the Beans

- Place the beans in a shallow layer in a pie plate, baking sheet, or bar pan.
- Pick out and discard any foreign objects like leaves, small stones or twigs, as well as any broken beans.



STEP 2: Rinse the Beans

- Place the beans in a colander or strainer and rinse them under cold running water.



STEP 3: Soak the Beans

- There are three soaking methods you can use, the Hot Soak Method, the Traditional Soak Method, and the Quick Soak Method. The Hot Soak Method is the recommended method because it reduces cooking time and gas-producing compounds the most and it produces consistently tender beans.



HOT SOAK (Recommended)	TRADITIONAL SOAK	QUICK SOAK (Fastest)
1. Place beans in a large pot and add 10 cups of water for every 2 cups of beans.	1. Pour cold water over beans to cover.	1. Place beans in a large pot and add 6 cups of water for every 2 cups of beans.
2. Heat to boiling and boil for an additional 2 to 3 minutes.	2. Soak beans for 8 hours or overnight.	2. Bring to boil and boil for an additional 2 to 3 minutes.
3. Remove beans from heat, cover and let stand for 4 to 24 hours.	3. Drain beans and discard soak water. (NOTE: Cold water starts but does not complete the rehydration process so the beans will appear wrinkled after soaking. They will fully rehydrate during cooking.)	3. Remove beans from heat, cover, and let stand for 1 hour.
4. Drain beans and discard soak water.	4. Rinse beans with fresh, cool water.	4. Drain beans and discard soak water.
5. Rinse beans with fresh, cool water.		5. Rinse beans with fresh, cool water.

Steps Continued

STEP 4: Cook the Beans

- Place beans in a large stock pot and cover with fresh, cold water.
- Place over medium heat; keep cooking water at a gentle simmer to prevent split skins.
- Since beans expand as they cook, add warm water periodically during the cooking process to keep the beans covered.
- Stir beans occasionally throughout the cooking process to prevent sticking.
- Beans take 30 minutes to 2 hours to cook, depending on the type. Beans should be tender but not mushy.



1 pound of dry beans = 6 cups of cooked beans, drained

Save time and energy by using a pressure cooker!

A pressure cooker is a great tool for preparing dry beans quickly. Pressure cookers combine high pressure and high heat, which dramatically reduces cooking time. Beans cooked in a pressure cooker will cook in about one-third of the time it takes to cook beans on the stove.

Step 1 & 2

Follow the same instructions as the traditional 4-Step method of preparing beans. (see above)

Step 3: Soaking

Soaking is recommended for preparing dry beans in a pressure cooker. The quick-soak or traditional methods are encouraged when pressure cooking beans. (see above)

Step 4: Cooking

After soaking, rinse beans and remove any loose skins. Place beans in pressure cooker with fresh water to cover the beans and add vegetable oil (1-4 tablespoons per pound). Close securely. Follow the manufacturer's instructions for securing the pressure regulator or vent pipe, and cook beans according to the timetable.

Note: Pressure cookers often come with product instructions. Refer to the manufacturer's guide for specific cooking recommendations based on the model of pressure cooker you own.

After time has completed, turn off the heat and allow pressure to drop on its own accord.

For best results, follow these tips!

While cooking dry beans in a pressure cooker is a fairly simple process, they do have a tendency to froth and foam during cooking. Therefore, it is necessary to use the following guidelines when pressure cooking dry beans:

1. Never fill the pressure cooker more than the half full line. This includes beans, ingredients, and water.
2. Pressure cookers must contain a minimum of ½ cup of liquid in order to operate correctly.
3. Add 1-4 tablespoons vegetable oil and up to 1 tablespoon of salt to one pound of beans during the soaking or cooking. Tests have shown that when oil and salt are added, dry beans keep their shape and exterior skin intact, and froth and foam less during pressure cooking.
4. Allow pressure to drop on its own accord. This will add another 18 to 20 minutes to the cooking time but requires no tending.

Pressure Cooking Fears

Some people have a fear of using a pressure cooker, often based on childhood memories of a rattling old pressure cooker on a family stove. However, today's pressure cookers are nothing like Grandma's. Like any modern piece of kitchen equipment, when you follow the directions carefully, it's as safe and convenient as every other kitchen appliance.

**Learn more about cooking with beans and
access great recipes and more at BeanInstitute.com.**

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COOK WITH BEANS: EASY 5-INGREDIENT RECIPES

Beans are a simply delicious, naturally nutritious food that can be used in meals throughout the day and in all types of recipes.

If you're a planner and you love to cook, cooking a batch of dry beans on the weekend is a great way to save money and time later in the week. You can develop weekly menus and use your menu plan and accompanying recipes to prepare healthful, flavorful meals throughout the week and into the next weekend. But, if you're like most Americans and you hate to plan your meals as much as you hate to think about what's for dinner each evening, you can use canned beans to make easy 5-ingredient recipes any time. Here are some simply delicious, naturally nutritious recipes to get your started!

1 Breakfast Bean Burrito

Makes 1 serving

You will need:

- 1-10" flour tortilla, plain or whole wheat
- ¾ cup canned, drained, and rinsed reduced-sodium black or pinto beans
- 1 scrambled egg
- ¼ cup shredded Cheddar or Monterey Jack cheese
- 2 tablespoons of your favorite salsa



Lay the tortilla on a dinner plate. Place the beans in the center, top with the scrambled egg, cheese and salsa. Fold in the ends, and then roll up to form a burrito. Microwave for 45-60 seconds.

Suggested Serving: Add additional salsa and/or plain, low-fat Greek yogurt for extra flavor and protein!

Note: You can make this burrito the night before for a quick morning breakfast. Assemble burrito as described above, with exception of adding the salsa. Wrap in plastic wrap and hold in the refrigerator overnight. Microwave for 45-60 seconds and then top with salsa.

Nutrition Information Per Serving: Calories: 585, Total Fat: 20g, Saturated Fat: 9g, Cholesterol: 220mg, Sodium: 1025mg, Potassium: 960mg, Total Carbohydrate: 70g, Fiber: 15g, Protein: 32g

Did you know that people who regularly eat breakfast have better overall diet quality and increased energy and endurance?



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2 Cheesy Bean & Broccoli Pasta

Makes 8, 2 cup servings

You will need:

- 1-lb. box or bag of whole wheat penne pasta
- 2-15 oz. cans of Great Northern, white kidney or cannellini beans, drained and rinsed
- 1-12 oz. bag frozen steam-in-bag broccoli
- 1-15 oz. jars prepared, shelf stable Alfredo Sauce
- ½ cup freshly grated Parmesan cheese



Cook pasta according to package directions. While the pasta is cooking, cook the broccoli in the microwave according to package directions. When the pasta is done, drain but reserve 1 cup of cooking liquid. In the pasta cooking pot, pour the jar of Alfredo sauce and use the reserved cooking liquid to get remaining sauce out of the jar. Stir until combined. Add broccoli, beans and pasta to the cooking pot with sauce. Stir to combine well, top with Parmesan cheese, and serve immediately.

Note: If you like leftovers, put extras of this recipe into single serving plastic containers to reheat in the microwave the next day. You can also freeze leftovers. Thaw frozen leftovers in the refrigerator for 12-24 hours and then microwave when you're ready to eat them.

Nutrition Information Per Serving: Calories: 575, Total Fat: 15g, Saturated Fat: 7g, Cholesterol: 65mg, Sodium: 620mg, Potassium: 685mg, Total Carbohydrate: 87g, Fiber: 16g, Protein: 26g

4 Pinto Bean Hummus

Makes 4, ½-cup servings

You will need:

- 1-15 oz. can of pinto beans, drained and rinsed
- 2 tablespoons olive oil
- 2 tablespoons tap water
- 1 small garlic clove (about ½ teaspoon)
- 1 teaspoon Italian seasoning



Combine all ingredients in a mini food processor. Process until smooth. Serve with pita chips or raw vegetables.

Nutrition Information Per Serving: Calories: 170, Total Fat: 7g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 240mg, Potassium: 330mg, Total Carbohydrate: 20g, Fiber: 7g, Protein: 7g

3 Berry Bean Smoothie

Makes 2 servings

You will need:

- 1 cup non-fat vanilla Greek yogurt
- 1 cup frozen blueberries
- 1 medium banana
- ½ cup canned reduced-sodium black beans, drained and rinsed
- 2 tablespoons honey



Combine yogurt, blueberries, banana, black beans, and honey in a blender. Blend until smooth. Pour into glasses and enjoy!

Nutrition Information Per Serving: Calories: 315, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 5mg, Sodium: 130mg, Potassium: 560mg, Total Carbohydrate: 65g, Fiber: 7g, Protein: 14g

5 Buttermilk Banana Bean Smoothie

Makes 1 serving

You will need:

- 1 cup low-fat buttermilk
- 1 cup canned, drained and rinsed white kidney or cannellini beans
- 1 frozen ripe banana
- 2 teaspoons honey
- ¼ teaspoon nutmeg



Combine buttermilk, beans, banana, honey, and nutmeg in a blender. Blend until smooth. Pour into a glass, add a straw, and enjoy!

Nutrition Information per Serving: Calories: 475, Total Fat: 4g, Saturated Fat: 2g, Cholesterol: 10mg, Sodium: 470mg, Potassium: 1520mg, Total Carbohydrate: 90g, Fiber: 15g, Protein: 25g

Learn more about beans and access great recipes and more at BeanInstitute.com.

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BEANS, BEANS, THE MAGICAL “FRUIT”

Beans are a wonderful food, full of filling protein and fiber, as well as important vitamins and minerals that nourish a healthy body. Unfortunately, some people choose to avoid this healthful food because they fear intestinal gas or flatulence. However, beans are not a food to be avoided!



The More You Eat the Less You Toot!

With all their benefits, it's important to not avoid, but regularly enjoy this simply delicious, naturally nutritious food.

A Healthy Gut

There is increasing research and attention about the health of the gut or gastrointestinal (GI) tract, how it contributes to overall physical and mental health, and how certain foods benefit or harm the gut.

A healthy gut is one that digests, absorbs, and eliminates with ease and is free of illness. It's important to eat a diet that feeds a healthy gut. Research suggests that the health of the gut is enhanced with a diet rich in plant-based foods full of fiber.

Fiber Helps Feed A Healthy Gut

Fiber is an essential part of a healthy diet. Nutrition experts recommend that adults consume between 25 to 38 grams of dietary fiber per day; however, the majority of Americans do not meet this recommendation.

Fiber provides many benefits including an increased feeling of fullness or satiety, and helping to maintain a healthy digestive system. Check out the list below to see how beans pair up against other fiber-containing foods.

Food	Serving Size	Fiber
Navy Beans	½ cup	10 g
Kidney Beans	½ cup	8 g
Black Beans	½ cup	8 g
Lentils	½ cup	8 g
Almonds	1 ounce (~¼ cup)	4 g
Blueberries	1 cup	4 g
Apple	1 medium	4 g
Quinoa	½ cup	3 g
Strawberries	1 cup	3 g
Peanuts	1 ounce (~¼ cup)	2 g
Bread (whole wheat), sliced	1 slice	2 g
Wild Rice	1 cup	2 g
Brown Rice	½ cup	2 g
Spinach	1 cup	1 g

As you can see, beans are one of the most naturally rich sources of fiber; enjoying them regularly will help you experience all their fiber benefits!

Hattner, J.T. (2014). The Healthy Gut: Benefits of Pre- and Probiotics in Foods. As presented at Healthy Kitchens, Healthy Lives March 15, 2014. St Helena, California.

United States Department of Agriculture, Health and Human Services. Chapter 4 in Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, January 2010. [cited 2012 Dec 20]. Available from: <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>.

Beans: Why Do They Produce Gas?

Beans contain fibers called oligosaccharides (all-uh-go-SACK-are-rides), which are non-digestible, fermentable fibers that cause gas. While this might sound like a bad thing, it's actually a very good thing. These fibers survive the acidic stomach and don't get digested in the upper part of the gut. They make their way intact to the colon where they are fermented by beneficial bacteria. Gas is created during this fermentation process. It's a good sign, one that says these healthful bacteria are being fed well, maintained, and enhanced through the right food choices, which in turn may lead to the prevention of diseases of the gut, as well as other organs in the body. Fibers from foods like beans that are able to reach the gut intact and stimulate growth and promote activity in the beneficial microflora are also referred to as prebiotics.

Research shows that the health of our gut plays an important role in our overall physical and mental health. Consuming plant-based foods that contain these non-digestible fibers may keep our bodies regular and our gut healthy.

Here's a list of some foods that have been established as prebiotic stars, and others that show potential.

Prebiotic Stars* and Prebiotic Potentials ⁴	
Fruits	Apple, banana , berries, raisins
Vegetables	Onion, garlic, leeks, Jerusalem artichoke, globe artichoke, asparagus, chicory root, burdock, yacon , jicama, tomato, greens: spinach, collard greens, chard, kale, mustard greens, dandelion greens, salsify
Legumes or Pulses	Legumes such as lentils, dry beans, chick peas and peas
Whole grains	Whole wheat, barley, and rye , oats, brown rice, whole grain corn, buckwheat
Seeds	Flaxseed, almonds
Other foods	Honey

3. Zantesson, L. (2012). Gut health and immunity – It's all about the good bacteria. *Today's Dietitian*. 14(6): 58.

4. Moshfegh, A.J., Friday, J.E., Goldman, J.P., and Chug Ahuja, J.K. (1999). Presence of inulin and oligofructose in the diets of Americans. *The Journal of Nutrition*. 129(7): 1407S-1411S.

** These foods have been documented in the scientific literature as sources of inulin and oligosaccharides (nondigestible fermentable carbohydrates).*

Beans & Gas Study

Healthy adults were asked to eat half a cup of legumes (pinto beans, black-eyed peas or navy beans) or carrots each day for 8-12 weeks. Initially, half the people reported increased gas, but after 8 weeks they were back to normal levels. These results suggest that while some individuals may experience gas associated with bean intake, regularly consuming beans (~1/2 cup daily) for a period of 8 weeks may reduce bothersome symptoms like bloating and abdominal discomfort.

What's the bottom line?

The more often you eat beans, the less often you'll experience GI discomfort!

So... Maybe A Little Gas is OK?

It is important to recognize that gas production is a normal body process, one that signals good things are happening in your body. Some of the benefits of fiber fermentation in the gut include improved mineral absorption, especially calcium and magnesium, and enhanced immunity. So the next time you feel the rumbles, try to relax and realize it happens to everyone.

Gas-Reducing Tips

If fermentation still has you fearful, here are some tips to reduce your fear of flatulence:

1. Increase your bean intake slowly. Start by eating 2 to 4 tablespoons of beans per day, and gradually increase consumption to the ½ cup per day recommendation.
 2. Drink more water each day as you eat more beans.
 3. When soaking dry bean before cooking, change the water several times. The gas-producing fibers are released into the soaking water, and discarding it removes some of these compounds.
 4. Rinse canned beans without sauce before eating or using in recipes. (Rinsing also reduces the sodium content of canned beans.)
 5. Cook with herbs. Certain herbs may also help break down the gas-producing fermentable fibers. Try epazote (commonly used in Mexican cuisine) or asafetida (commonly used in Indian cuisine).
 6. Consider using a gas-reducing enzyme tablet. These are available over the counter in many pharmacies.
5. Winham DM, Hutchins AM. Perceptions of flatulence from bean consumption among adults in 3 feeding studies. *Nutr J*. 2011;10:128
6. Hattner, J.T. (2014). The Healthy Gut: Benefits of Pre- and Probiotics in Foods. As presented at Healthy Kitchens, Healthy Lives March 15, 2014. St Helena, California.
7. Garden-Robinson, J. & McNeal, K. All About Beans: Nutrition, Health Benefits, Preparation and Use in Menus. North Dakota State University Extension Service. November 2013.

Gas is a good thing!

Don't let fear of flatulence rob you of the many benefits of beans when consumed as part of a healthful diet. Enjoy them regularly so you experience all the health and nutrition benefits. Remember the more you eat, the less you toot!

For more information on beans and health plus recipes, visit BeanInstitute.com

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