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## Reasons Dry Beans Promote Heart Health



1. Dry beans contain no sodium.
2. Dry beans are a rich source of potassium.
3. Dry beans contain no cholesterol.
4. Dry beans are a fat-free food.
5. Dry beans are a rich source of dietary fiber, including cholesterol-binding soluble fiber.
6. Dry beans contain heart-healthy vegetable protein.
7. Dry beans are an excellent source of folic acid.
8. Dry bean consumption may help with weight management.
9. People with diabetes who consume cooked, dry beans have a lower risk of heart disease.
10. Dry beans pair well with other heart health-promoting foods like fish and extra virgin olive oil.



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