



# Beans: Anything But Basic

*Beans are a staple in many kitchens, but when it comes to nutrition and uses, these gems are anything but basic. Here are five ways beans enhance and improve your health and fitness:*

## Nutrition Powerhouse



- Supply several vitamins and minerals, including folate, thiamine, potassium, magnesium and iron
- High in fiber and protein
- Contain disease-fighting antioxidants
- Have plant sterols (phytosterols)
- Naturally gluten-free

## Great for Your Weight



- Only 110 calories per half-cup serving
- 6-9 grams of filling fiber
- 5-8 grams of hunger-fighting protein

## Make Healthy Eating Easier



- Ready-to-use ingredients for quick and healthy meals or snacks
- Inexpensive source of protein
- A variety of flavors, sizes and colors provide boredom-busting meal solutions
- Due to their low fat and high protein content, beans are a great post-workout snack

## Energizing



- High-quality, slow-digesting carbohydrates provide an energy boost
- Lean protein helps you power through the day
- Iron fights fatigue by delivering oxygen to cells

## Heart Healthy



- Contain zero saturated fat and trans fat
- Rich in cholesterol-lowering soluble fiber
- Cholesterol-free
- Available in 50% reduced-sodium varieties
- To remove 40% of the sodium, drain and rinse the beans

