



Small, But Mighty: Using Beans to Meet the Dietary Guidelines

The 2015 Dietary Guidelines for Americans (DGA) provide evidence-based recommendations about dietary habits that promote good health and help prevent disease. The 2015 report contains several recommendations that reference the small but mighty bean.

Count Beans as a Vegetable *or* a Protein

Legumes are unique in that they have a similar nutrient profile to foods in both the vegetable and protein group. Because of this, beans can be counted as a vegetable **or** a protein food to meet recommended intakes. The DGA recommends Americans consume a variety of nutrient-dense vegetables and protein, including plant sources.



Boost Nutrient Intake

The DGA identified 10 nutrients that are under-consumed by Americans: Vitamins A, D, E and C, calcium, choline, fiber, iron (in adolescent and premenopausal females), magnesium and potassium. Beans are a good source of over half of these, as well as several other beneficial nutrients. A half cup serving of S&W® Beans* supplies:

- **35% Daily Value (DV) for folate**
- **32% DV for fiber**
- **15% DV for protein**
- **15% DV for magnesium**
- **10% DV for potassium**
- **12% DV for phosphorus**
- **10% DV for iron**

*Based on S&W® Black Beans





Reduce Sodium Intake

The DGA recommends adults and children ages 14 years and older limit daily sodium intake to less than 2,300 mg. People who have elevated blood pressure should aim for 1,500 mg. per day. However, with the average daily intake at nearly 3,500 mg. per day, it is recommended that all Americans reduce sodium intake. Here are two easy ways to cut back on sodium when you enjoy beans:

- Try **S&W® 50% Less Sodium Beans**, all of which are certified by the American Heart Association.
- Simply rinse **S&W® Classic Beans** with water to reduce up to 40% of the sodium.

It's important to keep in mind that it's the sum choices over the course of the day, rather than a single food, that determine your overall sodium intake.

Hit Your Quota

The 2015 DGA recommends Americans consume 1.5 cups of beans per week, based on a 2,000 calorie diet. The chart below provides recommendations for additional calorie levels.

🍲 USDA Food Patterns: Recommended Weekly Intake Amounts for Beans and Peas										
Calorie Level	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000
Cups of Beans	½	½	1	1½	1½	2	2	2½	2½	3

It's easy to incorporate the weekly recommended intake:

- Add black beans to eggs and egg dishes.
- Prepare tacos, burritos or enchiladas with black beans or kidney beans.
- Add garbanzo beans to salads.
- Use white beans in tomato-based sauces for a dose of meatless protein.
- Enjoy minestrone or black bean soup, either before or with your meal.
- Make chili with a variety of beans such as kidney, pinto and black beans.
- Add beans to whole grains, such as quinoa or brown rice.
- Prepare homemade hummus with chickpeas and enjoy with fresh vegetables or as a sandwich spread.

