



Lean with Beans: How Beans Help Manage Body Weight

When it comes to managing body weight, diet and exercise go hand-in-hand, and beans can help you do the heavy lifting. That's because beans provide several essential nutrients that make them ideal for weight-friendly meals or post-workout snacks. It has "bean" proven that adults and kids who regularly eat beans are less likely to be overweight!

Energy-Boosting Carbohydrates

With 18-23g of carbohydrates in a half-cup serving*, S&W® Beans will help you fuel a cardio workout or power through a strength-training session. Additionally, the combination of carbohydrates and protein promotes muscle repair and recovery, making beans a great addition to a post-workout meal or snack. Try them blended in a [smoothie](#) or baked into [muffins](#)!

Hunger-Fighting Fiber & Protein

Protein and fiber help you feel fuller longer, which helps you avoid overeating and snacking between meals. One serving of S&W® Beans contains 6-9g of fiber – a whopping 24-32% of your daily value! It also provides 6-7g of protein, which is about the same amount found in one egg or 1oz of meat or fish. As an added bonus, insoluble fiber supports healthy digestion.



Low Calorie

One half-cup serving of S&W® Beans contains only 100-130 calories, making it a smart choice for your daily calorie plan. According to the 2015-2020 Dietary Guidelines for Americans, women need 1,600-2,400 calories and men need 2,000-3,000 calories, depending on how physically active they are.



Low Sodium and No Bad Fats

The Centers for Disease Control and Prevention says healthy eating for a healthy weight includes minimal intake of sodium, and trans and saturated fat. Not only do S&W® Beans contain no saturated or trans fat, but S&W® 50% Less Sodium Beans (certified by the American Heart Association), or S&W® Classic Beans that have been drained and rinsed to remove 40% of the sodium, provide all the health benefits of beans with less sodium.



**Based on S&W® Classic Beans*

Always consult a medical professional to ensure that diet changes meet your individual needs.



Mediterranean Garbanzo Bean Salad



20 min
Total Time



15 min
Prep Time



4
Servings

GF

LC

LS

V

(Gluten Free, Low Calorie, Low Sodium, Vegetarian)

Ingredients:

- 2/3 cup quinoa
- 1 1/3 cups water
- 1 (15oz) can S&W® Garbanzo Beans (drained, rinsed)
- 1/2 medium cucumber, diced (about 3/4 cup)
- 1 cup halved cherry tomatoes
- 2 green onions, sliced
- 1/2 cup crumbled feta cheese

Dressing:

- 1/4 cup olive oil
- 2 Tbsp. balsamic vinegar
- 1/8 tsp. garlic salt

Directions:

In medium saucepan, cook quinoa in water as directed on package. Meanwhile, in medium bowl, stir together garbanzo beans, cucumber, tomatoes and green onions. In a small bowl, whisk together all of the dressing ingredients; set aside. Stir cooked quinoa into salad. Drizzle with dressing and toss lightly to combine. Sprinkle with feta. Serve immediately or refrigerate until serving time.

Serving Suggestions:

Serve as is or on lettuce with pita bread.

Serving Size: about 8oz each

Nutritional Information Per Serving:

Calories 340, Total Fat 18g (Saturated Fat 3.5g, Trans Fat 0g), Cholesterol 10mg, Sodium 480mg, Carb 36g, Fiber 6g, Sugar 6g, Protein 12g, Vitamin A 10%, Vitamin C 15%, Calcium 10%, Iron 20%

Sources:

Mayo Clinic. Dietary fiber: Essential for a healthy diet (2015, September 22). Available [here](#).

Office of Disease Prevention and Health Promotion. Appendix 2. Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level (2015, December). Available [here](#).

Duyff, R.; Mount, J.; & Jones, J. Sodium Reduction in Canned Beans After Draining, Rinsing (2011). Journal of Culinary Science & Technology.

