



Beans. The Vegetable With More.™

Most Americans need to *triple* the amount of legumes they eat, such as beans, to meet the 3 cups per week recommended by the *2005 Dietary Guidelines for Americans* as part of a healthy diet.¹

Recent consumer research reveals that even though beans have been grouped with vegetables by many government and health organizations, less than half of Americans think of them this way.² Educating people to think of beans as a vegetable, and increasing awareness of their unique benefits, can be an effective strategy in closing the gap between current and recommended consumption levels and achieving the *2005 Dietary Guidelines for Americans*.

Even though *MyPyramid* lists beans in the Vegetable group, less than half of Americans think of beans as a vegetable.



Why Consumers Should Add More Beans To Their Vegetable Routine

Eight Key Nutrients in One Little Bean

Despite differences in shapes, sizes, colors, textures and flavors, beans are surprisingly similar in nutrient composition. Beans are good-to-excellent sources of eight important nutrients:

Nutrient*	Benefits ³
Folate	Helps the body form red blood cells; may reduce risk of birth defects ⁴
Fiber	May reduce risk of heart disease and certain cancers. ⁵ Helps maintain a healthy intestinal tract
Manganese	Needed for building bones and for metabolism of protein, fat and carbohydrates ⁶
Protein	Essential for growth and maintenance of bones and muscle
Magnesium	Needed for building bone and releasing energy from muscles
Copper	Key for iron absorption and efficient use of oxygen ⁶
Iron	Needed to carry oxygen in the blood
Potassium	Aids in maintaining healthy blood pressure

- Excellent source (20%+ of Daily Value)
- Good source (10-19% of Daily Value)

* Based on average % DVs of ½-cup servings of baby lima beans, black beans, blackeye peas, cranberry beans, garbanzo beans, Great Northern beans, navy beans, pinto beans, red kidney beans.⁷

Beans (and legumes) have more fiber and protein than any other vegetable.⁸

Vegetable	Protein (g*)	Fiber (g)
Beans, white (navy beans, Great Northern beans), cooked (½ cup)	8.5	5.5
Beans, garbanzo, cooked (½ cup)	7.8	7.1
Beans, red kidney, cooked (½ cup)	7.4	6.4
White potato with peel, boiled (1 small, whole potato)	3.4	3.0
Sweet potato with peel, baked (½ cup)	2.5	4.3
Broccoli, cooked (½ cup)	2.2	3.0
Frozen corn, cooked (½ cup)	2.1	2.0
Green beans, cooked (½ cup)	1.2	2.0
Tomatoes, fresh (½ cup)	0.8	1.1
Frozen french fries, baked (½ cup)	0.8	0.8
Fresh carrots, cooked (½ cup)	0.6	2.2

Source: USDA Food & Nutrient Database for Dietary Studies (FNDDS 2.0), based on ½ cup, which, according to the *2005 Dietary Guidelines for Americans*, is typically one serving of vegetables.

*Amounts do not reflect Protein-Digestibility-Corrected Amino Acid Scores.

Beans, compared to many favorite vegetables, are a top source of a number of important nutrients, including some often lacking in the diet.



Nutrients of concern include fiber, potassium and magnesium for adults, adolescents and children, and folate and iron for women of childbearing age who may become pregnant.¹

Fiber: Beans are an excellent source of fiber⁷ and most adults, adolescents and kids don't get enough of it.¹ Fiber may reduce the risk of coronary heart disease and some cancers⁵; and it also helps to promote regularity. Dried beans and lentils are the second largest source of fiber in the United States, providing 9.2% of the total fiber in Americans' diets.¹ In fact, 12 of the top 20 food sources of fiber are beans.⁷

Potassium: Beans are a good source of potassium.⁷ White beans are one of the five best food sources of potassium¹ and ½ cup provides 11% more of the Daily Value of potassium than ½ cup of peas.⁹

Magnesium: Beans are a good source of magnesium.⁷ One half-cup of canned white beans provides 12% more of the Daily Value for magnesium than ½ cup chopped tomatoes.⁹

Folate: Beans are an excellent source of folate.⁷ In fact, ½ cup of red kidney beans provides 15% more of the Daily Value for folate than two slices of enriched white bread, which is fortified with folate.⁹

Iron: Beans are a good source of iron.⁷ One half-cup of white beans provides 14% more of the Daily Value for iron compared to ½ cup baked sweet potato and 15% more of the Daily Value of iron than ½ cup cooked broccoli.⁹

Beans are low in calories, very low in fat, and cholesterol-free.

Compared to other good sources of protein, legumes, such as beans, are low-fat, saturated-fat-free and cholesterol-free. Health experts agree that diets low in fat, saturated fat and cholesterol can promote heart health.¹

Beans are good for you!

Few other foods provide such a unique, nutrient-rich package as beans and are so easy to add to anyone's recipe routine.

Content has been reviewed by the Bean Expert Advisory Network: Ken Albala, Ph.D., Keith Ayoob, Ed.D., RD, FADA, Lydia Bazzano, MD, Ph.D., MPH, Leslie Bonci, R.D., M.P.H., L.D.N., Martin Corso, Bonnie Taub-Dix, MA, RD, CDN, Connie Evers, MS, RD, Claudia Gonzalez, RD, Dave Grotto, RD, LDN, Robin Schempp, Donna Winham, Dr.P.H., CHES.

¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.

² Bush Brothers & Company, Knoxville, TN. Telephone Omnibus Study on Food Groups conducted by TNS NFO, September 11, 2006.

³ MyPyramid.gov (http://www.mypyramid.gov/pyramid/grains_why.html, http://www.mypyramid.gov/pyramid/meat_why.html).

⁴ "Health Claims: Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect." Title 21 Code of Federal Regulations, Pt. 101, Sec 79, 2007 ed. (http://a257.g.akamaitech.net/7/257/2422/26mar20071500/edocket.access.gpo.gov/cfr_2007/aprqr/pdf/21cfr101.79.pdf).

⁵ "Health Claims: Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors." Title 21 Code of Federal Regulations, Pt. 101, Sec 77, 2007 ed. (http://a257.g.akamaitech.net/7/257/2422/26mar20071500/edocket.access.gpo.gov/cfr_2007/aprqr/pdf/21cfr101.77.pdf). "Health Claims: Low fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors." Title 21 Code of Federal Regulations, Pt. 101, Sec. 76, 2007 ed. (http://a257.g.akamaitech.net/7/257/2422/26mar20071500/edocket.access.gpo.gov/cfr_2007/aprqr/pdf/21cfr101.76.pdf).

⁶ Institute of Medicine. 2001. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. Washington, D.C: National Academy Press.

⁷ USDA, Agricultural Research Service. 2006. USDA National Nutrient Database for Standard Reference, Release 19. Nutrient Data Laboratory Home Page (<http://www.ars.usda.gov/ba/bhnrc/ndl>).

⁸ USDA Food and Nutrient Database for Dietary Studies (FNDDS), 2.0. 2006. Beltsville, MD: Agricultural Research Service, Food Surveys Research Group. Based on combined grams of protein and fiber per reference amounts customarily consumed (RACC).

⁹ USDA Food and Nutrient Database for Dietary Studies (FNDDS), 2.0. 2006. Beltsville, MD: Agricultural Research Service, Food Surveys Research Group. Calculations

