

EAT More

BEANS



Beans either one - navy , kidney, pinto, fava or chickpeas are consider as nutritious powerhouse. Add it to salads, stew, soups or make delicious spreads to your sandwich!



Nutrition Value

Good source of plant proteins
High in fiber that fills you up
Excellent source of iron that helps to produce blood
Contains potassium that helps control blood pressure
Good source of B vitamins necessary for energy production

How To Cook

- 1. Rinse the beans**
- 2. Soak beans in cool water overnight or few hours before cooking, discard water before cooking to remove indigestible sugars that cause gas**
- 3. During cooking bring new water to boil , than simmer beans until tender**



References: Messina. (2014, May 28). Nutritional and health benefits of dried beans.
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