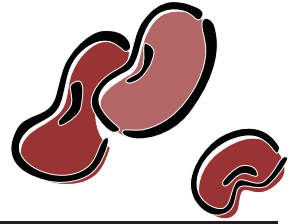



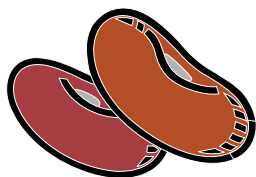


NDSU EXTENSION SERVICE
 County Commissions,
 North Dakota State University and
 U.S. Department of Agriculture Cooperating
 NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Soluble fiber	Antioxidants	Seed	Protein	Vegetarian
Age, gender and activity level	13,000	Folate	Wash, remove stones and soak	Protein Foods and Vegetable groups
Legume	Garbanzo bean	 FREE SPACE	Soybean	Cranberry bean
Kidney bean	Ounce equivalents	Fat	400 micrograms	Diabetes
Cups	Canned or dry	Edamame	Pinto bean	Beans



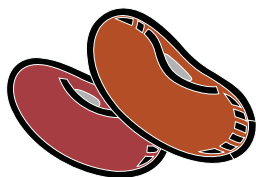
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Cranberry bean	Legume	Soluble fiber	Cups	Antioxidants
Wash, remove stones and soak	Pinto bean	Protein Foods and Vegetable groups	Canned or dry	Ounce equivalents
Seed	400 micrograms	 FREE SPACE	Folate	Kidney bean
Age, gender and activity level	13,000	Garbanzo bean	Vegetarian	Protein
Diabetes	Beans	Edamame	Fat	Soybean



NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Kidney bean	Diabetes	Legume	Cranberry bean	Edamame
Ounce equivalents	Cups	13,000	Fat	Age, gender and activity level
Vegetarian	Protein Foods and Vegetable groups	 FREE SPACE	Soluble fiber	Antioxidants
Protein	Pinto bean	Garbanzo bean	Wash, remove stones and soak	Canned or dry
400 micrograms	Seed	Soybean	Folate	Beans




BEANS!



NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

B	I	N	G	O
Garbanzo bean	Legume	Beans	Seed	Pinto bean
Diabetes	Edamame	Fat	Folate	Age, gender and activity level
Kidney bean	Wash, remove stones and soak	 FREE SPACE	Canned or dry	Soybean
Cups	Cranberry bean	Ounce equivalents	Protein Foods and Vegetable groups	Vegetarian
Soluble fiber	400 micrograms	13,000	Protein	Antioxidants



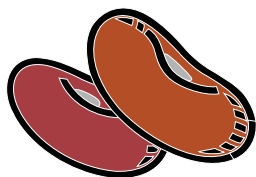
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Seed	Folate	Diabetes	Kidney bean	400 micrograms
Canned or dry	Beans	Soybean	Protein	Pinto bean
Legume	Cranberry bean	 FREE SPACE	Fat	Age, gender and activity level
Antioxidants	13,000	Garbanzo bean	Edamame	Vegetarian
Protein Foods and Vegetable groups	Soluble fiber	Ounce equivalents	Cups	Wash, remove stones and soak




NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

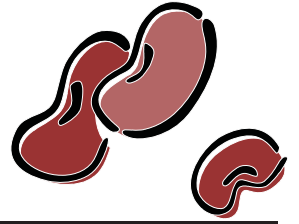
BEANS!




B	I	N	G	O
Canned or dry	Pinto bean	Antioxidants	Fat	Kidney bean
Folate	Protein	Diabetes	Ounce equivalents	Soluble fiber
13,000	Edamame	 FREE SPACE	Age, gender and activity level	400 micrograms
Garbanzo bean	Protein Foods and Vegetable groups	Cups	Beans	Cranberry bean
Soybean	Legume	Wash, remove stones and soak	Vegetarian	Seed

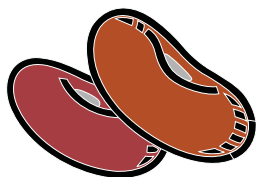


BEANS!



NDSU EXTENSION SERVICE
 County Commissions,
 North Dakota State University and
 U.S. Department of Agriculture Cooperating
 NDSU is an EO/AA university

B	I	N	G	O
Fat	400 micrograms	Soluble fiber	Soybean	Cups
Age, gender and activity level	Ounce equivalents	13,000	Canned or dry	Antioxidants
Pinto bean	Cranberry bean	 FREE SPACE	Folate	Edamame
Kidney bean	Vegetarian	Beans	Seed	Legume
Garbanzo bean	Wash, remove stones and soak	Protein	Protein Foods and Vegetable groups	Diabetes




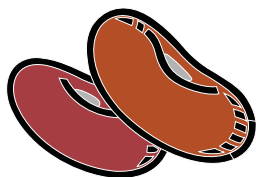
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Garbanzo bean	Vegetarian	Beans	Ounce equivalents	Seed
Folate	Antioxidants	Legume	Pinto bean	13,000
Wash, remove stones and soak	400 micrograms	 FREE SPACE	Protein Foods and Vegetable groups	Protein
Soybean	Cranberry bean	Cups	Age, gender and activity level	Kidney bean
Canned or dry	Diabetes	Edamame	Fat	Soluble fiber




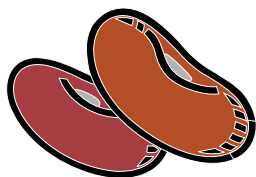
BEANS!



NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

B	I	N	G	O
Folate	Cups	Beans	Edamame	Wash, remove stones and soak
Vegetarian	Protein Foods and Vegetable groups	Soluble fiber	Fat	Legume
Antioxidants	Protein	 FREE SPACE	13,000	Kidney bean
Seed	Pinto bean	400 micrograms	Soybean	Cranberry bean
Garbanzo bean	Age, gender and activity level	Canned or dry	Ounce equivalents	Diabetes




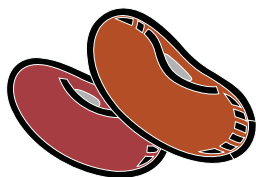
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Pinto bean	Folate	Protein Foods and Vegetable groups	13,000	Fat
Seed	Beans	Ounce equivalents	Legume	Cranberry bean
Vegetarian	Canned or dry	 FREE SPACE	Diabetes	Edamame
Wash, remove stones and soak	Soluble fiber	Age, gender and activity level	Soybean	Cups
Garbanzo bean	Kidney bean	Protein	Antioxidants	400 micrograms




NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!




B	I	N	G	O
Soluble fiber	Wash, remove stones and soak	Folate	Diabetes	Legume
Antioxidants	Ounce equivalents	Garbanzo bean	Cups	Pinto bean
Protein Foods and Vegetable groups	400 micrograms	 FREE SPACE	Canned or dry	Edamame
Protein	Cranberry bean	Soybean	Vegetarian	Kidney bean
Fat	Age, gender and activity level	Beans	Seed	13,000



BEANS!



NDSU EXTENSION SERVICE
 County Commissions,
 North Dakota State University and
 U.S. Department of Agriculture Cooperating
 NDSU is an EO/AA university

B	I	N	G	O
Cups	Seed	Antioxidants	Garbanzo bean	Soybean
Protein	Diabetes	Canned or dry	Soluble fiber	Vegetarian
Cranberry bean	Age, gender and activity level	 FREE SPACE	Protein Foods and Vegetable groups	Kidney bean
13,000	Legume	Ounce equivalents	Pinto bean	Wash, remove stones and soak
Folate	400 micrograms	Edamame	Beans	Fat




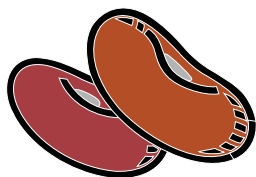
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
13,000	Age, gender and activity level	Cups	Wash, remove stones and soak	Ounce equivalents
Garbanzo bean	Protein Foods and Vegetable groups	Legume	Pinto bean	Protein
Folate	Soybean	 FREE SPACE	Fat	Edamame
Vegetarian	Kidney bean	Diabetes	Canned or dry	Beans
Soluble fiber	Cranberry bean	Seed	400 micrograms	Antioxidants




BEANS!



NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

B	I	N	G	O
Antioxidants	Canned or dry	Edamame	Beans	Garbanzo bean
Ounce equivalents	13,000	Kidney bean	Fat	Protein Foods and Vegetable groups
Soluble fiber	Seed	 FREE SPACE	Protein	Pinto bean
Wash, remove stones and soak	Diabetes	Soybean	Cups	400 micrograms
Legume	Cranberry bean	Vegetarian	Folate	Age, gender and activity level




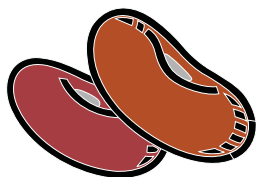
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Diabetes	Vegetarian	13,000	Edamame	Beans
Wash, remove stones and soak	400 micrograms	Folate	Antioxidants	Canned or dry
Legume	Protein Foods and Vegetable groups	 FREE SPACE	Cups	Soluble fiber
Seed	Protein	Age, gender and activity level	Cranberry bean	Garbanzo bean
Fat	Kidney bean	Soybean	Ounce equivalents	Pinto bean




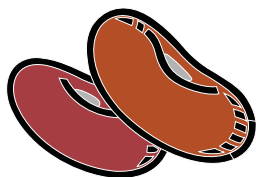
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Vegetarian	Folate	Fat	Cups	Garbanzo bean
Legume	Protein Foods and Vegetable groups	Beans	400 micrograms	Edamame
Ounce equivalents	Cranberry bean	 FREE SPACE	Canned or dry	Seed
Diabetes	Kidney bean	Wash, remove stones and soak	Antioxidants	13,000
Protein	Age, gender and activity level	Pinto bean	Soybean	Soluble fiber




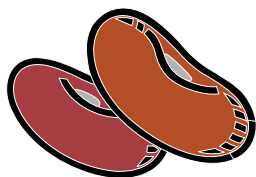
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!




B	I	N	G	O
Soluble fiber	Wash, remove stones and soak	Pinto bean	Cranberry bean	Canned or dry
Vegetarian	Antioxidants	Soybean	Seed	Diabetes
Protein	Edamame	 FREE SPACE	Garbanzo bean	Legume
400 micrograms	13,000	Fat	Ounce equivalents	Folate
Beans	Cups	Kidney bean	Age, gender and activity level	Protein Foods and Vegetable groups

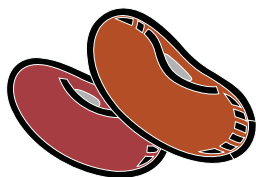


NDSU EXTENSION SERVICE
 County Commissions,
 North Dakota State University and
 U.S. Department of Agriculture Cooperating
 NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Kidney bean	13,000	Diabetes	Edamame	Folate
Age, gender and activity level	Pinto bean	Wash, remove stones and soak	Soluble fiber	Fat
400 micrograms	Legume	 FREE SPACE	Vegetarian	Ounce equivalents
Protein Foods and Vegetable groups	Seed	Garbanzo bean	Beans	Canned or dry
Soybean	Antioxidants	Cranberry bean	Cups	Protein




NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Legume	400 micrograms	Vegetarian	Antioxidants	Folate
Kidney bean	Protein	Canned or dry	Cranberry bean	Age, gender and activity level
Ounce equivalents	Cups	 FREE SPACE	Wash, remove stones and soak	Fat
13,000	Pinto bean	Soybean	Edamame	Beans
Protein Foods and Vegetable groups	Seed	Soluble fiber	Garbanzo bean	Diabetes



NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Fat	Antioxidants	Ounce equivalents	Soybean	Seed
Wash, remove stones and soak	Cranberry bean	Protein	Vegetarian	400 micrograms
Diabetes	Soluble fiber	 FREE SPACE	Cups	Protein Foods and Vegetable groups
Pinto bean	Garbanzo bean	Kidney bean	Canned or dry	Edamame
13,000	Legume	Age, gender and activity level	Folate	Beans




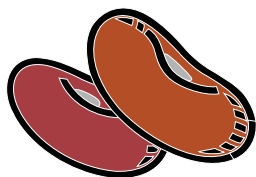
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Protein Foods and Vegetable groups	13,000	Cranberry bean	Pinto bean	Wash, remove stones and soak
400 micrograms	Antioxidants	Garbanzo bean	Beans	Protein
Seed	Diabetes	 FREE SPACE	Canned or dry	Cups
Kidney bean	Age, gender and activity level	Soluble fiber	Soybean	Fat
Edamame	Vegetarian	Ounce equivalents	Folate	Legume




NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Cups	Ounce equivalents	Antioxidants	Seed	Kidney bean
Diabetes	Protein Foods and Vegetable groups	Beans	Age, gender and activity level	13,000
Fat	Pinto bean	 FREE SPACE	Soybean	Garbanzo bean
Soluble fiber	Folate	400 micrograms	Wash, remove stones and soak	Edamame
Vegetarian	Protein	Legume	Canned or dry	Cranberry bean




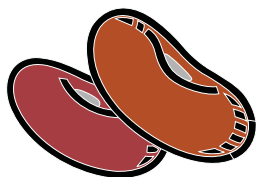
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Beans	Fat	Cups	Cranberry bean	Garbanzo bean
Protein Foods and Vegetable groups	Canned or dry	Folate	Soluble fiber	Wash, remove stones and soak
Age, gender and activity level	400 micrograms	 FREE SPACE	Pinto bean	Edamame
Kidney bean	Diabetes	Antioxidants	Soybean	Ounce equivalents
Protein	Legume	13,000	Vegetarian	Seed



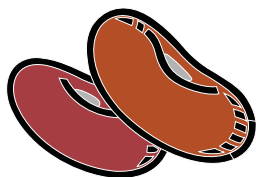
NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Vegetarian	Protein	Protein Foods and Vegetable groups	Soluble fiber	Diabetes
400 micrograms	Wash, remove stones and soak	Legume	Antioxidants	Ounce equivalents
Soybean	Fat	 FREE SPACE	Pinto bean	Canned or dry
Age, gender and activity level	Cranberry bean	Kidney bean	Edamame	13,000
Garbanzo bean	Seed	Cups	Folate	Beans




NDSU EXTENSION SERVICE

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an EO/AA university

BEANS!



B	I	N	G	O
Pinto bean	Cups	Beans	Canned or dry	Garbanzo bean
13,000	Cranberry bean	Folate	Soluble fiber	Edamame
Antioxidants	Age, gender and activity level	 FREE SPACE	Protein	Vegetarian
Legume	Seed	Protein Foods and Vegetable groups	Diabetes	Fat
Ounce equivalents	400 micrograms	Kidney bean	Wash, remove stones and soak	Soybean