



Now Serving: Beans!

NDSU
Extension Service
North Dakota State University

Lesson developed by
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Quick Facts

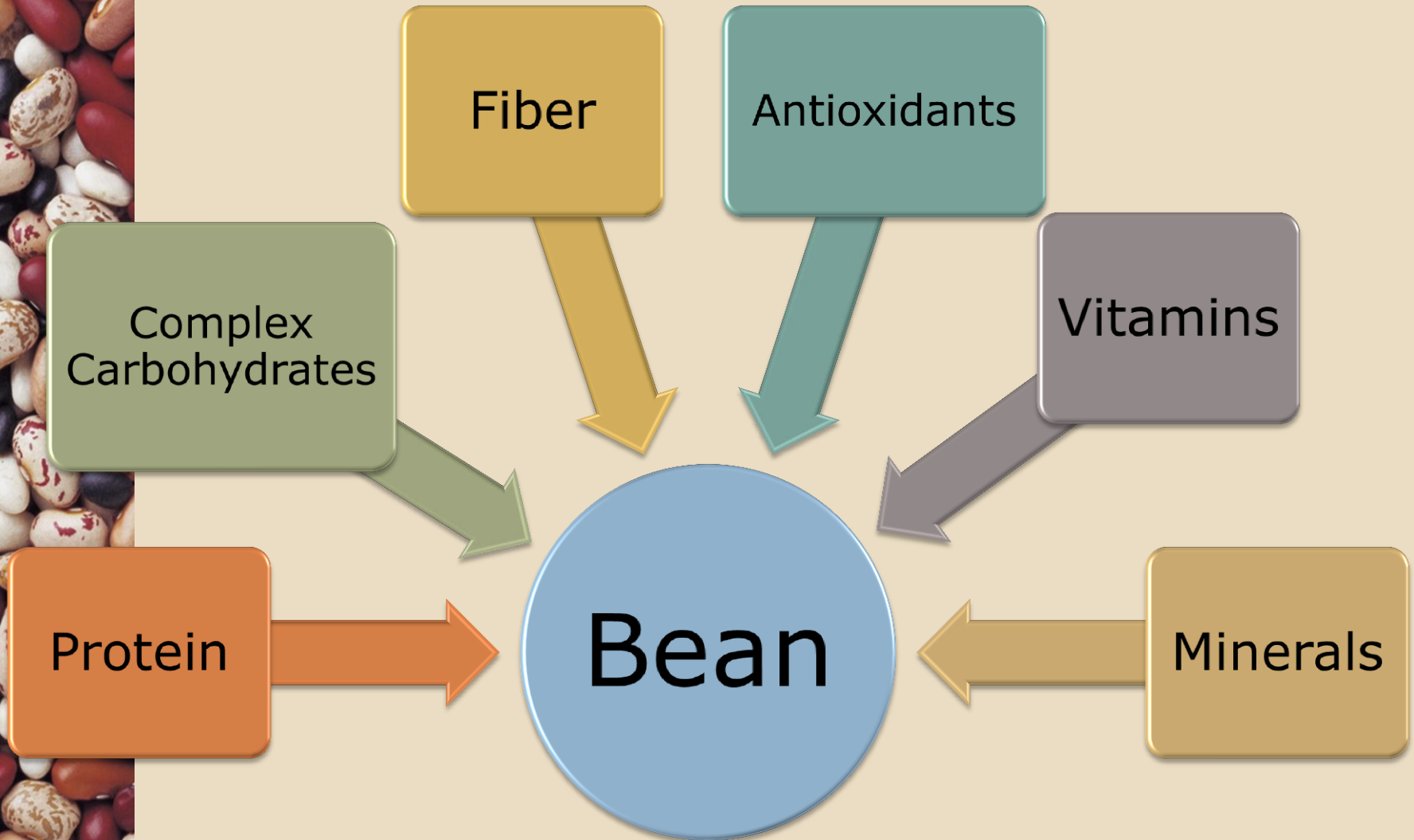


Member of the legume family

Midwest region is the largest producer of dry beans in the U.S.

Provide a wide range of health benefits

What's In a Bean?



**How much fiber is in
1/2 cup of cooked beans?**

**4
grams**

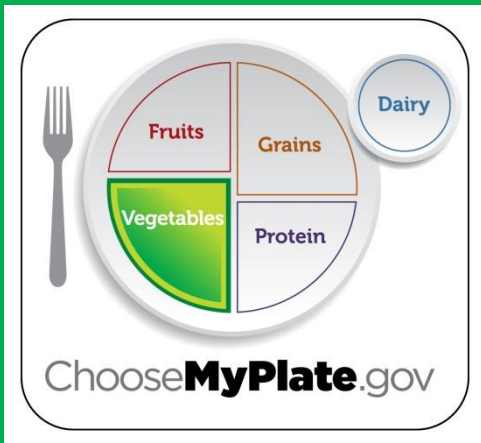
**6
grams**

**8
grams**

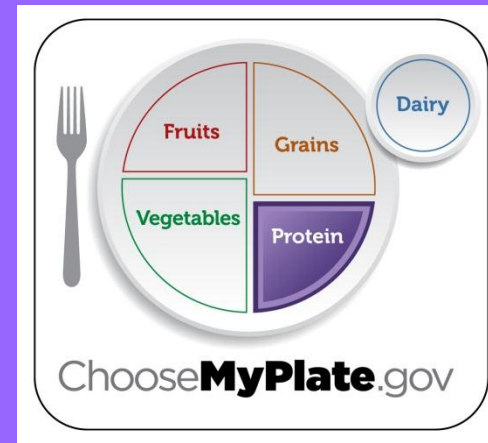
Bean variety per 1/2 cup, cooked	Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Iron (mg)	Pot (mg)	Sodium (mg)	Folate (mcg)
Black	114	0.5	8	21	8	2	306	1	128
Great Northern	104	0.4	7	19	6	2	346	2	90
Dark Red Kidney	109	0.2	8	19	8	2	335	4	65
Navy	127	0.6	8	24	9	2	354	0	127
Pinto	123	0.5	8	22	8	2	373	1	147

Data courtesy of the U.S. Department of Agriculture National Nutrient Database for Standard Reference.

MyPlate Recommendations



**1 cup cooked beans
=
1 cup vegetables**



**1/4 cup cooked
beans =
1 ounce equivalent**



A Healthy Choice

Heart Health

- **Studies show a diet rich in beans helps reduce the risk of heart disease.**

Cancer-reducing Agents

- **Beans are rich in antioxidants which have been shown to reduce the risk of certain cancers.**



A Healthy Choice

Blood Sugar Management

- Beans contain complex carbohydrates that help to control blood sugar levels.

Weight Control

- Beans are naturally low in fat and high in fiber and protein.



A Healthy Choice

Pregnancy and Healthy Babies

- **Beans provide an excellent source of folate, a B vitamin that reduces the risk of neural tube defects in infants.**

Food Allergies and Intolerances

- **Beans provide a good source of fiber, protein, vitamins and minerals that may otherwise be lacking in the diet.**

Adding Beans to Your Diet



**Main
Dishes**



Pasta



**Side
Dishes**



**Dips and
Spreads**



Salads

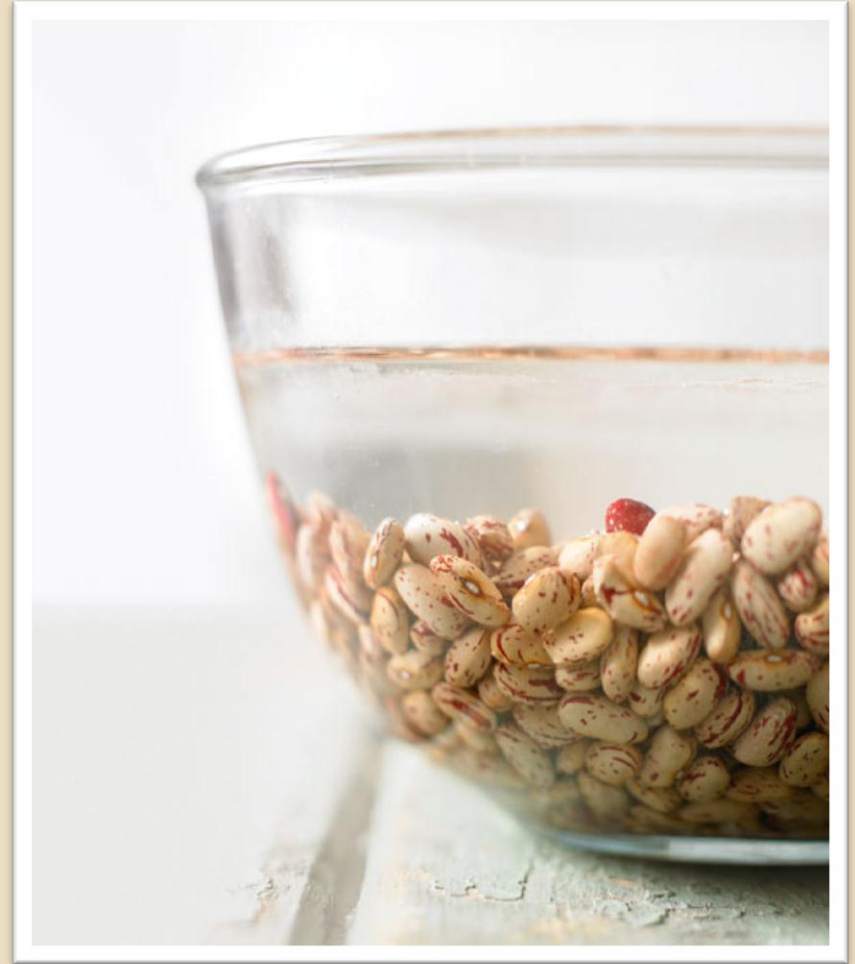


**Baked
Goods**

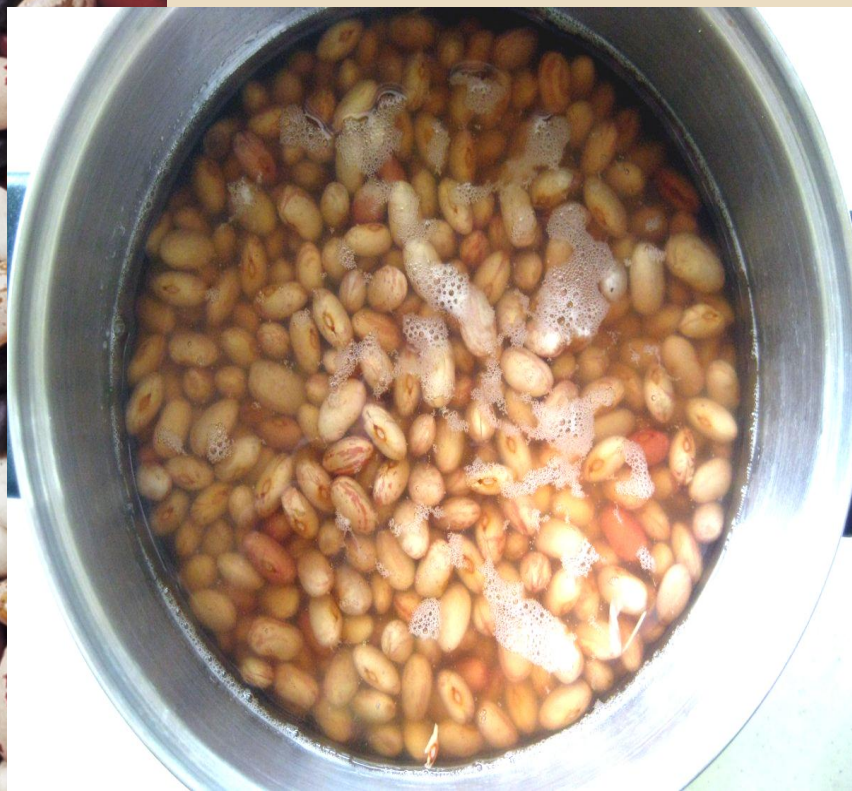
Preparing Beans

**Hot Soak
Method**

**Quick Soak
Method**



Cooking Tips



Consider what type of dish is being made

Take into account time constraints

Do not add acidic ingredients until the very end

Questions

