

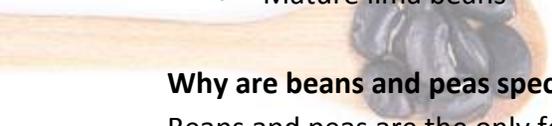


## The Food You've BEAN Waiting For

### What are beans and peas?

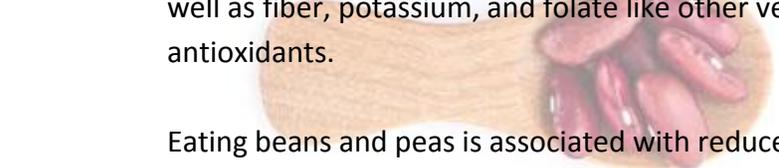
Beans and peas are in the legume family, meaning they grow in pods. Examples include:

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- Kidney beans
  - Pinto beans
  - Black beans
  - White beans
  - Mature lima beans
  - Black-eyed peas
  - Chickpeas (garbanzo beans)
  - Soybeans
  - Split peas
  - Lentils

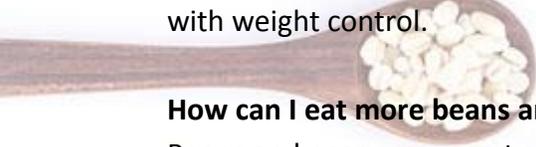


### Why are beans and peas special?

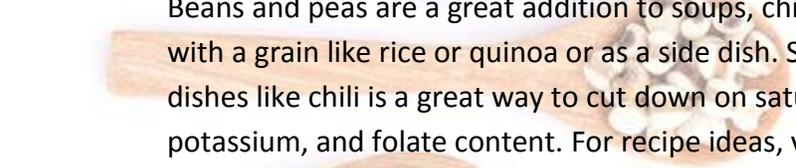
Beans and peas are the only foods that are part of two food groups: protein and vegetables. This is because beans and peas provide protein, iron, and zinc like meat, poultry, and fish, as well as fiber, potassium, and folate like other vegetables. They are also low in fat and rich in antioxidants.



Eating beans and peas is associated with reduced risk of heart disease, type 2 diabetes, and some forms of cancer. Due to their protein and fiber content, beans and peas may also help with weight control.



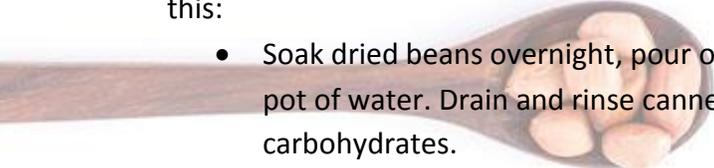
### How can I eat more beans and peas?



Beans and peas are a great addition to soups, chili, salads, and casseroles. Try serving them with a grain like rice or quinoa or as a side dish. Substituting beans for some of the meat in dishes like chili is a great way to cut down on saturated fat and calories while increasing fiber, potassium, and folate content. For recipe ideas, visit [www.nutrition.ilcreations.com](http://www.nutrition.ilcreations.com).



Some people experience digestive discomfort when they eat beans and peas. This is because your digestive system can't break down certain carbohydrates found in beans and peas, but the bacteria living in your gut can. They generate gas as part of the break down process. To avoid this:

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- Soak dried beans overnight, pour off the soaking water, rinse, and then cook in a clean pot of water. Drain and rinse canned beans. This removes some of the indigestible carbohydrates.
  - If you don't eat beans and peas regularly, build up slowly. Start with small portions once or twice a week, then increase from there.