



Nutrition Education

Legumes: Power Packed Plants



Beans can improve your health

By substituting some meat-based meals with beans, you'll be reducing your intake of saturated fats and cholesterol while increasing your intake of heart healthy fiber.

Eating just one cup of beans per day has shown to:

- Increase blood sugar control
- Reduce cholesterol and triglyceride levels
- Help with weight management
- Decrease risk of certain cancers

Source: <https://www.health.harvard.edu/blog/recipe-for-health-cheap-nutritious-beans-201211305612>

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When it comes to getting protein from our food, many of us may think of chicken, beef, and pork. But there is another **excellent protein source** — **Legumes (also known as beans)**!

In just one cup of cooked beans, depending on the type, you can get an average of 8-28 grams of protein. In addition there are 8-15 grams of fiber, and various minerals such as magnesium, manganese, iron, copper, and phosphorous. Beans are also a great source of B vitamins such as thiamin and folate. On top of all of that, they contain barely any fat and zero cholesterol because they are a plant food. Cholesterol is only found in animal products.

Another great quality about beans is they are inexpensive and can fit in a tight budget. Beans are easy to incorporate into just about any meal!

A Few Types of Legumes:



Garbanzo beans: Also called chickpeas, these are great on salads and also what hummus is made from.

Peanuts: We treat them as nuts but they are part of the legume family.



Pinto Beans: Commonly found in Mexican food. Pintos are a flavorful, versatile legume.

Soybeans: Used to make tofu and a variety of soy products.

