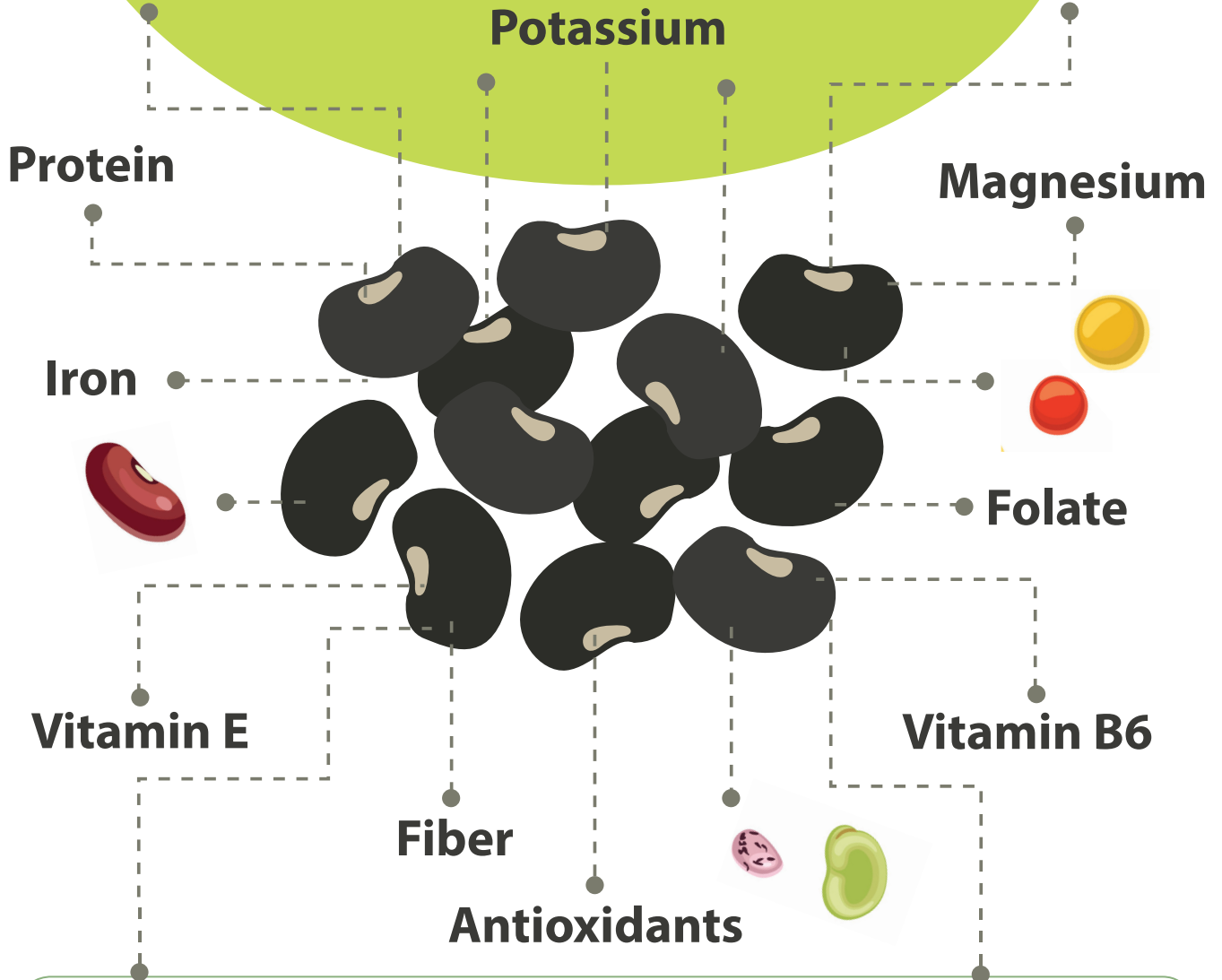


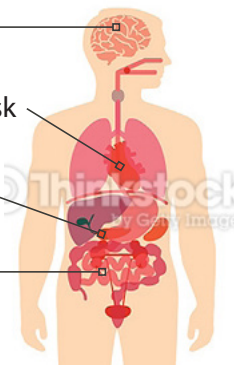
# WE'RE SPILLING THE BEANS: How Legumes Keep Us Healthy



*Fat-free – Cost-Effective – Cholesterol-Free – Environmentally Sustainable*

## Health benefits of beans:

- Boost brain health
- Lower cholesterol
- Reduce cardiovascular disease risk
- Help manage weight
- Lowers risk for type 2 diabetes
- Reduce risk for breast cancer, colorectal cancer, and other types of cancer
- Stabilizes blood sugar



## Beans vs. Beef?

100 grams of dried black beans:  
0 grams of fat  
100 grams of beef: 18 grams of fat

100 grams of dried lentils:  
10.7 grams of fiber  
100 grams of beef: 0 grams of fiber

Making 1 kg of protein from kidney beans requires 1/10 of the water used to make 1 kg of protein from beef

