

# Benefits and use of Beans and Legumes





# **BEANS AND LEGUMES ARE COMPOSED OF:**

HIGH QUALITY CARBOHYDRATES

HIGH QUALITY PROTEIN

MINIMAL FAT

SOME VITAMINS

LOTS OF MINERALS

PHYTONUTRIENTS

FIBRE





# BEANS AND LEGUMES BENEFIT:

CARDIOVASCULAR HEALTH

DIGESTIVE HEALTH

IMMUNE HEALTH

HORMONAL HEALTH

BONE HEALTH

EYES, SKIN, HAIR, NAILS

ENERGY

LONGEVITY

# BEANS AND LEGUMES CAN PROTECT AGAINST:

CANCERS

TYPE 2 DIABETES

HEART DISEASE

HYPERTENSION

CHOLESTEROL IMBALANCES

DIGESTIVE IMBALANCES

WEIGHT IMBALANCE

INFECTIONS

OSTEOPOROSIS



# **BEANS AND LEGUMES SUPPORT OPTIMAL:**

BLOOD SUGAR

BLOOD PRESSURE

ELIMINATION

CHOLESTEROL

IMMUNITY

CELL, TISSUE, AND ORGAN  
REGENERATION AND HEALING

# TO OPTIMIZE THE BENEFITS OF BEANS AND LEGUMES:

EAT A VARIETY OF BEANS AND  
LEGUMES DAILY

CONSUME AT LEAST ONE GENEROUS  
SERVING OF BEANS OR LEGUMES  
DISH PER DAY

CHOOSE FRESH, FROZEN, OR DRY  
BEANS AND LEGUMES

CHOOSE ORGANIC OPTIONS  
WHENEVER POSSIBLE

MAXIMIZE USE OF FRESH AND  
LOCAL BEANS AND LEGUMES WHEN  
IN SEASON

**AVOID** PROCESSED BEANS AND  
LEGUMES OR SUCH-BASED MEALS

# PREPARING DRY BEANS

DRY BEANS ARE THE MOST ECONOMICAL. TO PREPARE DRY BEANS BE SURE TO SOAK THEM AS FOLLOWS:

1. Rinse your beans and sift through to check for any debris
2. Place your rinsed beans in a pot and cover with plenty of water (at least double water to beans)
3. Cover the pot with a lid and leave to soak for 12 to 24 hours
4. When you are ready to cook your beans, drain the water and rinse the beans really well several times
5. Fill the pot back up with fresh water (about double the water to beans) and place on stove
6. Bring to a boil on high. When beans start to boil, turn the heat to low and let beans simmer with a lid on
7. Most, properly soaked beans will cook in 30 to 60 minutes
8. You do not have to watch them or stir them. Simply set a timer to be notified when they are done cooking
9. When your timer goes off, check that the beans are properly cooked. Turn off the heat, drain the water, and enjoy adding your beans to various meals



# **HOW TO BEST USE BEANS AND LEGUMES:**

SALADS

SOUPS

CHILI

STEAM OR STIR-FRY VEGGIE DISHES

WRAPS

NATURAL BEAN SPREADS (HUMMUS)



# BEAN/LEGUME VARIETY

Adzuki Beans (Field peas or red oriental beans)  
Anasazi Beans (Jacob's cattle beans)  
Black Beans (Turtle beans)  
Cranberry Beans  
Edamame (Green soybeans)  
Fava Beans (Broad or horse beans)  
Garbanzo Beans (Chickpeas or Ceci Beans)  
Great Northern Beans  
Green Beans (Snap or string beans)  
Kidney Beans  
Lima Beans (Butter or Madagascar Beans)  
Lupine Beans  
Mung Beans  
Navy Beans  
Pigeon Beans  
Pinto Beans  
Romano Beans (Roman or Borlotti Beans)  
White Beans  
Yellow Wax Beans (Snap or string beans)  
Garden Peas  
Snow Peas (Chinese pea pods)  
Sugar Snap Peas  
Soybeans (Soynuts)  
Sweet Peas  
Yellow Split Peas  
Black-Eyed Peas (Cowpeas)