

# BEAN FACTS (BEANS, DRIED PEAS, LENTILS)

1 SERVING = ½ CUP COOKED

100 CALORIES (primarily carbohydrate), 7 GRAMS OF PROTEIN AND 1 GRAM OF FAT

If a food label is provided, please refer to the nutrition label for more accurate nutrition facts

## HEALTHY NUTRITION

- **Protein** ½ cup cooked beans provides 7 grams of protein (the amount in one ounce of meat or fish)
- **Complex Carbohydrate** Great source of soluble as well as insoluble fiber
- **Low in Fat** One gram fat per serving (except soybeans which contain 5 grams of heart healthy fat)
- **Iron** One cup of most cooked legumes gives 25% of RDA of iron for women and 40% for men
- **Rich in Folate, Magnesium, Potassium, Vitamin B-6, Zinc, and Copper**

## SERVING SUGGESTIONS

- Beans absorb the flavors of foods they are cooked with. Try these seasoning ideas:
  - » Mexican (hot peppers, garlic, cilantro)
  - » Italian (garlic, oregano, basil, sage, rosemary)
  - » Indian (curry, turmeric, cumin, coriander, cayenne, ginger)
- Add beans to casseroles, stir fries, or skillet dishes.
- Make a bean salad, or add beans to salad greens or soups.
- Mix black beans or non-fat refried beans with salsa for a side dish.
- Beans can make tasty spreads and dips.
- Try hummus and veggies as a snack.

## CHECK SODIUM CONTENT

- Low sodium beans contain ≤ 400 mg per ½ cup serving.
- Low sodium soups contain ≤ 500 mg per serving.
- Rinse beans for 1 minute to decrease the sodium content by nearly 25 percent.

## LOW SODIUM CANNED BEANS

Eden Organic, Westbrae Natural, Progresso, S&W 50% less Salt

## LOW SODIUM SOUPS

Health Valley canned soups & chilis, Nile Lentil & Split Pea Instant (dehydrated) soups, Fantastic Cha Cha Chili.

## REFRIED BEANS

Rosarita No Fat Green Chile & Lime (sodium 570 mg per half a cup)

## FAST FOOD IDEAS (CONTAIN HIGHER SODIUM)

### WENDY'S

Small chili 8 oz, 220 calories, 6 g fat, 780 mg sodium, 17 g protein, 23 g carbohydrate

### TACO TIME

White chicken chili 7 oz (cup), 150 calories, 2 g fat, 945 mg sodium, 16 g protein, 17 g carbohydrate



Listed below you will find our week by week grocery lists to help guide you in making your meal plans for the week. While going through each weekly list, be sure to check to see what you already have on hand, as well as prepare your menu of meals and snacks throughout the week. Happy Shopping!

1 Box High Protein Powder Shakes

1 Box of Protein Bars and/or Two 4 packs of RTDs

2 cups Fresh Fruit

Choice of fat serving:

Olive oil or canola oil

Cooking spray

Natural peanut butter

Low fat mayo or salad dressing

Raw nuts

6+ servings of non-starchy vegetables per day.

Supplements: Is it time to refill your daily pack?

Low fat cheese (<6 g of fat per ounce)

Non fat or low fat cottage cheese

Plain non-fat Greek Yogurt

Low fat (1%) or fat free milk

Fat free all natural yogurt (no artificial sweeteners)

Fat free flavored Greek Yogurt

½ cup beans, peas, lentils, or other legume (dried or low/no sodium canned variety). Please see our nutrition guide on beans.

Choices of lean or very lean protein:

Chicken or Turkey Breast

Fish

Lean Beef or Pork

Tuna canned in water

Frozen Shrimp or Scallops

Soy Products (Tofu, Morningstar or Boca patties and burgers)

Pre-Cooked Meat (Low-Sodium Deli Meats, Roasted Chicken with skin removed)