

Nutritional Information for Beans

Beans are a good source of folic acid, iron, magnesium and zinc. All of these nutrients, along with the high amounts of protein and fiber in beans are important for maintaining a healthy heart and supplying our bodies with the energy it needs. Beans are a great alternative to high fat meats, which are high in saturated fat and extra calories that harm our hearts and diminishes our energy levels. The fiber in beans can also help to keep us feeling fuller longer, aids in digestion and can even help to lower our cholesterol! This chart shows some **examples** for the bean family:

Nutritional information per serving (1/2 cup canned)	Calories	Fat	Carbohydrates	Protein	Fiber	Saturated Fat
Black beans	114	0.5	20	8	7.5	0
Great Northern beans	149	0.5	27	10	6	0
Pinto beans	103	1	18	6	6	0
Red Kidney beans	109	0	20	7	8	0

If you are looking for even more bean recipes, we urge you to check out a free electronic book, *Beans: Bold and Beautiful Book of Bean Recipes* (a WIC publication).

In English: http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbook.pdf