

## ARE YOU FULL OF BEANS?

When the weather starts to cool and Fall is in the air, people begin to think about stocking up on warm, hearty meals. An excellent choice for adding variety to your meals is beans. Beans are an almost-perfect food - they are inexpensive, conveniently available and they are loaded with vital nutrients. Beans are generally well-tolerated by most people, with the exception of soybeans to which some people have an allergic reaction.

Beans are an excellent source of fiber. A cup of beans contains 10 to 15 grams of fiber. Fiber helps to make you feel less hungry and fills you up on fewer calories. People who consume lots of fiber are more likely to have slimmer waistlines. Beans also provide soluble fiber, which helps to flush out cholesterol and helps to fight heart disease.

Beans are the best source of plant protein, providing about 15 grams per cooked cup. Beans provide protein without the saturated fat and cholesterol which are found in animal protein.

About 20 percent of the daily requirement for iron is found in a serving of beans. To increase the absorption of iron, pair beans with vitamin-rich vegetables and fruits. Iron is important for transporting oxygen from the lungs to other parts of the body.

Beans are also helpful in lowering the risk of cancer because of being one of nature's best sources of folate, a B-vitamin that helps with cell replication. One serving of beans supplies about 30 percent of the daily requirement for magnesium, an important mineral in fighting diabetes. Beans are rich in potassium, which helps to lower blood pressure. They are also a powerful source of anti-oxidants, beans with a deep-colored coat being the best source.

At Grandma's Pantry, we carry a large variety of beans and bean soup mixes. Check out our web page to see the great selection of beans available at [www.GrandmasPantryVA.com](http://www.GrandmasPantryVA.com).

***“So, whatever you eat or drink, or whatever you do,  
do all to the glory of God.”*** (1 Cor. 10:31)