

July is Baked Beans Month!



Did you know that...

- Beans are low in fat and an **excellent source of protein**. Protein has many important jobs in your body, such as repairing muscle and bone, healing wounds, and fighting against infection.
- **A cup of cooked beans** may provide up to **16 grams of protein**. Adults need 50 to 60 grams of protein daily.
- Beans are a good source of **fiber**. **A cup of cooked beans** provides **15 grams of fiber**, more than half of your daily fiber needs. Fiber may help lower **your cholesterol** and **risk of cancer**.
- Beans also provide:
 - _ **calcium** - important for strong bones
 - _ **potassium** - reduces the risk of high blood pressure and stroke
 - _ **folate** - helps protect against heart disease

If you eat your beans with rice, try to watch your portion sizes because they both contain starch which raises blood sugar.

This is especially important if you're a diabetic.

A serving of rice or beans is a 1/2 cup.

But if you're diabetic a serving lowers to a 1/3 cup.

