

Research shows that canned beans may help to...



Promote
digestive
health¹



Control
blood sugar^{3,4}



Lower
cholesterol²



Lose or
maintain
weight⁵



Prevent
heart
disease²



Prevent
cancer⁶



Live longer!⁷

1. Anderson JW, Baird P, Davis RH, Ferreri S, Knudtson M, Koraym A, et al. Health benefits of dietary fiber. *Nutr Rev*. 2009;67(4):188-205

2. Brown L, Rosner B, Willett WW, Sacks FM. Cholesterol-lowering effects of dietary fiber: a meta-analysis. *Am J Clin Nutr*. 1999;69:30-42

3. Leathwood P, Pollet P. Effects of slow release carbohydrates in the form of bean flakes on the evolution of hunger and satiety in man. *Appetite*. 1988;10(1):1-11.

4. Hosseinpour-Niazi S, Mirmiran P, Sohrab G, Hosseini-Esfahani F, Azizi F. Inverse association between fruit, legume, and cereal fiber and the risk of metabolic syndrome: Tehran lipid and glucose study. *Diabetes Res Clin Pract*. 2011;94:276-283.

5. Shana J Kim, Russell J de Souza, Vivian L Choo, Vanessa Ha, et al. Effects of dietary pulse consumption on body weight: a systematic review and meta-analysis of randomized controlled trials. *American Journal of Clinical Nutrition*. March 2016 DOI: 10.3945/ajcn.115.124677

6. Amarowicz R, Pegg RB. Legumes as a source of natural antioxidants. *Eur J Lipid Sci Technol*. 2008;110:865-878.

7. Darmadi-Blackberry I, Wahlqvist ML, Kouris-Blazos A, et al. Legumes: the most important dietary predictor of survival in older people of different ethnicities. *Asia Pac J Clin Nutr*. 2004;13(2):217-220.



**Canned
Beans**

OPEN THE POSSIBILITIES