

BEANS:THE BUDGET FRIENDLY PROTEIN



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WHAT ARE BEANS?

- A type of legume
- A subgroup of vegetables
- There are over 400 different types of beans
- Black , pinto, garbanzo, and kidney beans are some of the most common

NUTRITION OF BEANS

- Protein
- Minerals
- Folate
- Fiber (not in meat)
- Must combine with other foods (such as rice) to be a complete protein

MEAT VS BEANS

100 g of Ground Beef 100 g of Kidney Beans

Calories: 332 Calories: 127
Protein 14 g Protein: 24 g

Saturated Fat: 11 g Saturated Fat: 0.1 g

Fiber: 0 g Fiber: 6.4 g Iron: 17% DV Iron: 17% DVI

PRICE: \$0.87 PRICE: \$0.18

Three Bean Salsa



Beans, peas, and lentils. MyPlate. https://www.myplate.gov/eat-healthy/protein-foods/beans-and-peas. Accessed February 24, 2023. Types of beans. Ontario Bean Growers. https://ontariobeans.on.ca/types-of-beans/#:-text=1f8/20is%20estimated%20that%20there,onto%20our%20western%20grocery%20shelves. Published January 12, 2022.

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