



# Canned Beans

OPEN THE POSSIBILITIES



## Open the Possibilities to Reduce Risk of Type 2 Diabetes

**According to the Centers for Disease Control, 10.5% of individuals in the US currently have diabetes, and 34.5% of adults have pre-diabetes, putting them at risk of developing type 2 diabetes.**

But, there is good news! Eating healthy foods, daily exercise and maintaining a healthy weight can help prevent type 2 diabetes.

Canned beans can help! Including blood sugar control, weight management and plant-based properties, canned beans are a convenient solution to you reduce your risk of developing type 2 diabetes.

Research shows that eating beans may help with the prevention of diabetes and the management of blood sugar levels.<sup>1</sup> They are rich in complex carbohydrates, dietary fiber, and protein, which gives them a low glycemic index. This makes them an ideal food for the management of insulin resistance and diabetes.

**CANNED BEANS. OPEN THE POSSIBILITIES.**

1. Sievenpiper, J. L., et al. "Effect of non-oil-seed pulses on glycemic control: a systematic review and meta-analysis of randomised controlled experimental trials in people with and without diabetes." *Diabetologia* 52.8 (2009): 1479-1495.

Visit [cannedbeans.org](https://cannedbeans.org) to learn more and Open the Possibilities.