



Canned Beans

OPEN THE POSSIBILITIES



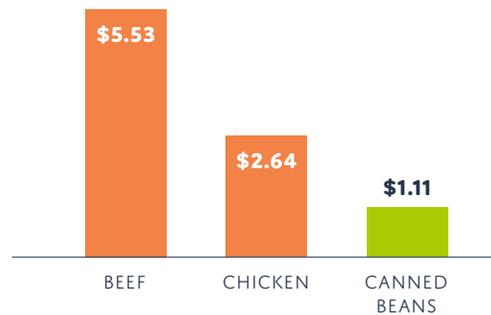
Bean Benefits? It's in the Can!

Canned beans bring nutrition, great taste, versatility, and value to every meal. But there is so much more to know about canned beans and all they add to a nutritious and delicious diet.

CANNED BEANS MAKE CENTS!!

At less than half the price per pound for chicken and approximately 20% the cost per pound for beef, canned beans help stretch the family food budget. Studies show canned vegetables cost up to 50% less than frozen and 20% less than fresh with virtually no sacrifice to the nutrition profile.¹

AVERAGE PRICE PER POUND



Source: Nielson Homescan Panel Total Outlets 52 Weeks Ending 10/3/20

CANNED BEANS: CAN DO!

Canned beans have a long shelf life, so they are always "in-season" whenever you reach for them.

One 15-ounce can of beans equals 3.5 servings.

Canning helps make fiber in certain vegetables, like beans, more soluble which improves digestion. The thermal heat process associated with canning is what preserves the beans inside the can. It kills pathogens, kills spoilage organisms, and inactivates enzymes.

Metal is strong yet malleable, allowing for the creation of a double-seam seal. The metal can is suitable for a 'high temperature / high pressure' cook process AND creates a vacuum that protects the product from contamination.

THE BEAN BOOST!

According to the USDA Food Patterns, beans are considered both a protein and a vegetable. In fact, we can't find another food that can boast such an audacious distinction!

Who knew increasing protein and vegetable intake could be so easy... and delicious?



The protein in canned beans helps maintain muscle mass, promote satiety, support bone health, and provide energy throughout the day.



SPILLING THE BEANS ON GLYCEMIC CONTROL

A diet with a low glycemic index (< 45), a low glycemic load (<100 g equivalents per day), and more than 25g per day of fiber will help normalize blood glucose, blood insulin, and body weight.²

Given their low glycemic index, beans are the perfect food to help improve one's glycemic control.³



Consuming beans may significantly increase dietary fiber intake, and that is particularly important for blood sugar control.⁴

THE SKINNY ON SODIUM

Sodium is primarily added for taste, not food preservation, but rinsing canned beans removes 41% of this sodium.

Rinsing the beans (brine specifically) reduces the consumption of sodium, but the other benefits (flavor, texture, color) are retained.

In addition to improving flavor, sodium affects other key attributes based on its functionality.

Sodium impacts the firmness and texture of beans. Lower sodium levels lead to softer beans. Omitting sodium creates beans that are very soft and broken. Broken beans can cause the brine to become cloudy.

Sodium also affects the color of beans. Without sodium the bean is a lighter shade or is grayer in color.

BEANS AROUND... IN THE NORTH CENTRAL STATES!

Over 69% of the US grown dried beans are harvested in four North Central states including North Dakota (36%), Michigan (13%), Nebraska (10%) and Minnesota (10%).

STATS FOR THE BEAN COUNTERS

Americans consume on average 23.2 pounds of canned beans per year, compared to more than 40 pounds of beef and 60+ pounds of chicken!

According to the 2015 U.S. Dietary Guidelines, neither males nor females consume the recommended daily amount of beans.

POUNDS PER HOUSEHOLD (ANNUAL)



Source: Nielson Homescan Panel Total Outlets 52 Weeks Ending 10/3/20



CANS + BEANS POWER UP MOTHER EARTH

Beans nourish the soil so that it requires less commercial fertilizer for optimal growth. As a rotational crop, beans positively impact the nitrogen levels for subsequent crops.

Beans are highly water-efficient; for each gram of protein, the average global water footprint of beans is only 34% that of pork and 17% that of beef.⁵

The steel used for canned beans is 100% recyclable and can be recycled infinitely without ever losing strength or quality. 71% of steel cans are recycled, with 35% recycled content on average.

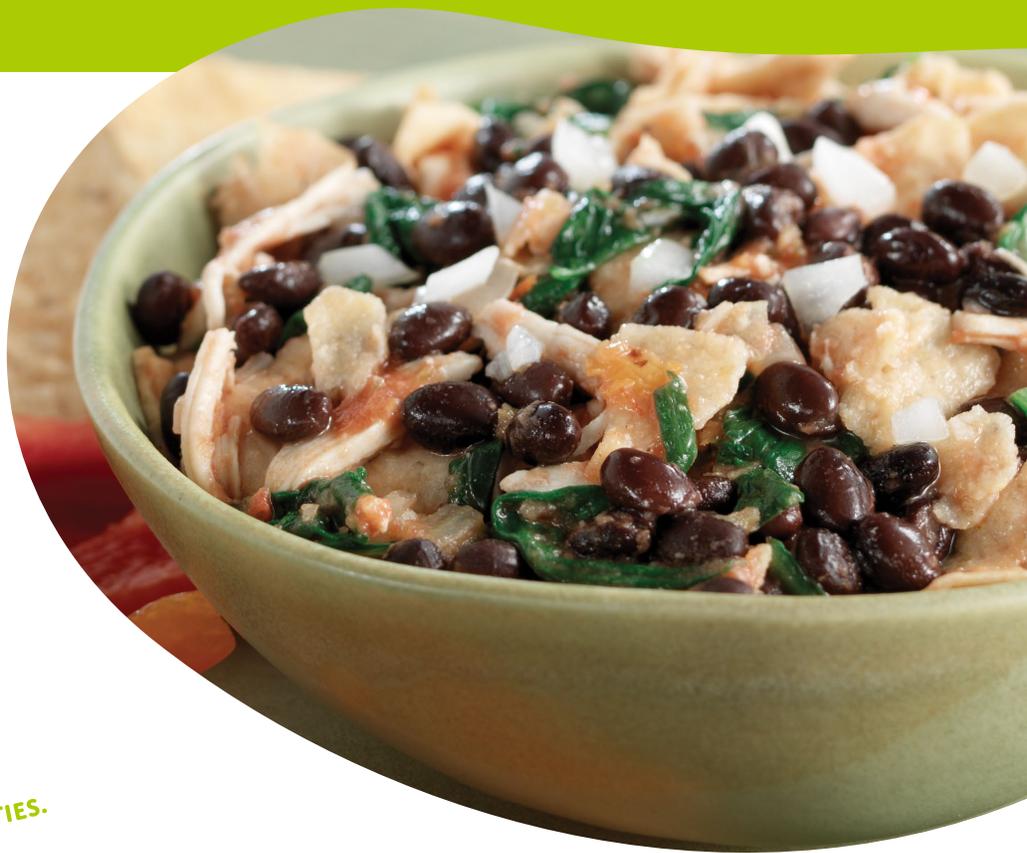
Canned beans also mean less food waste. The USDA estimates that Americans waste approximately 25% of fresh fruits and vegetables every year, which amounts to \$26.6 billion lost by American consumers and another \$11.1 billion lost by retailers.⁶ Moreover, this waste is clogging US landfills, which account for 34% of methane emissions in the U.S. according to the U.S. Environmental Protection Agency. Thus, canned foods help reduce our carbon footprint that is exacerbated by food waste.⁷



Canned foods add value even in the pantry! It is estimated that canned food uses 20% less energy than refrigerated food and 51% less energy than frozen food.

CANNED FOODS EVOLVE

According to the Can Manufacturers Institute, today 95% of food can production uses linings made from acrylic, polyester, non-BPA epoxies or olefin polymers instead of bisphenol A (BPA). These innovative linings were developed to respond to consumer preferences and have proven safe and effective and approved by regulatory authorities.



CANNED BEANS. OPEN THE POSSIBILITIES.

There are as many fun canned bean facts as there are ways to use them. When thinking canned beans the opportunities are endless.

 cannedbeans.org

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2. Livesey G, Taylor R, Hulshof T, Howlett J. Glycemic response and health – a systematic review and meta- analysis: relations between dietary glycaemic properties and health outcomes. American Journal Of Clinical Nutrition. 2008;87(1):258S-268S.
3. Foster-Powell K, Miller JB. International Tables of Glycemic Index. American Journal of Clinical Nutrition. 1995;62(4):S871-S890.
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6. Buzby, Jean C., Wells, Hodan F., and Hyman, Jeffrey. The Estimated Amount, Value, and Calories of Postharvest Food Losses at the Retail and Consumer Levels in the United States (https://www.ers.usda.gov/webdocs/publications/43833/43680_eib121.pdf?v=41817)
7. <https://www.cancentral.com/recycling-sustainability/sustainability-advantages-cans>