

THIS IS NOT  
A CAN OF BEANS  
**IT'S YOUR DAILY  
DOSE OF  
KEY NUTRIENTS** ▶▶▶



## Beans are a powerhouse of nutrients

Did you know that canned black beans are a powerhouse of essential nutrients? They are rich in iron, which helps transport oxygen in the blood. They also provide folate, crucial for cell growth and metabolism, and magnesium, which supports muscle and nerve function.



[Creative ways to add black beans to your diet](#)



**DID YOU KNOW?** ▼▼▼

**1 CUP (180G) OF BLACK BEANS  
PROVIDE YOU WITH ALMOST 1/3 OF THE  
RECOMMENDED DAILY VALUE OF IRON**

## Hack canned beans for lower sodium

Some canned beans can be high in sodium, which isn't the best for people with high blood pressure or cardiovascular diseases<sup>2</sup>. Worried about your sodium intake? By simply draining the canning brine and replacing it with water to rinse the beans before using can lower the salt content by 33 percent<sup>3</sup>!



<sup>1</sup>Canned Black Beans: Nutrition, Benefits, and Side Effects, [www.healthline.com](http://www.healthline.com)

<sup>2</sup> World Health Organization, [Salt Reduction Fact Sheet](#).

<sup>3</sup>The National Library of Medicine, [Effect of water rinsing on sodium content of selected foods](#).



## Level up with colorful fruits & veggies!

Take your meal to the next level. In theory, the more colorful your plate is, especially with fruits and vegetables, the more vitamins and minerals you are consuming. Challenge yourself to add some of these colors to your next meal, either fresh, frozen or canned:

- /// Sweet Peppers** Sweet and hot peppers are a good source of vitamin C that can help you absorb the iron found in beans.
- /// Hot Peppers**
- /// Broccoli** Broccoli is low in fat and sodium, is cholesterol and saturated fat free, and a good source of fiber, potassium and vitamin C.



[Creative ways to add black beans + these veggies to your diet](#)

## Eating a well-balanced diet is important

You need more than just calories to fuel your mind, body and health. You need vitamins and minerals, too. Getting enough vitamins and minerals is important to support your immune system<sup>3</sup>, help your children reach their physical and mental potential and helps give your baby the best possible start while pregnant<sup>4</sup>.

## Need help filling nutritional gaps?

You should always try to get your vitamins and minerals from food first. That said, nutritional supplements can help provide the important vitamins and minerals we need to support our overall health and wellbeing. Take care, now by fuelling your body right:



SCAN HERE FOR  
**FREE HEALTHY  
& EASY RECIPES**

**TAKE  
CARE,  
NOW**

<sup>3</sup> National Library of Medicine, [Inadequacy of Immune Health Nutrients: Intakes in US Adults](#)

<sup>4</sup> World Health Organization, [Malnutrition](#).