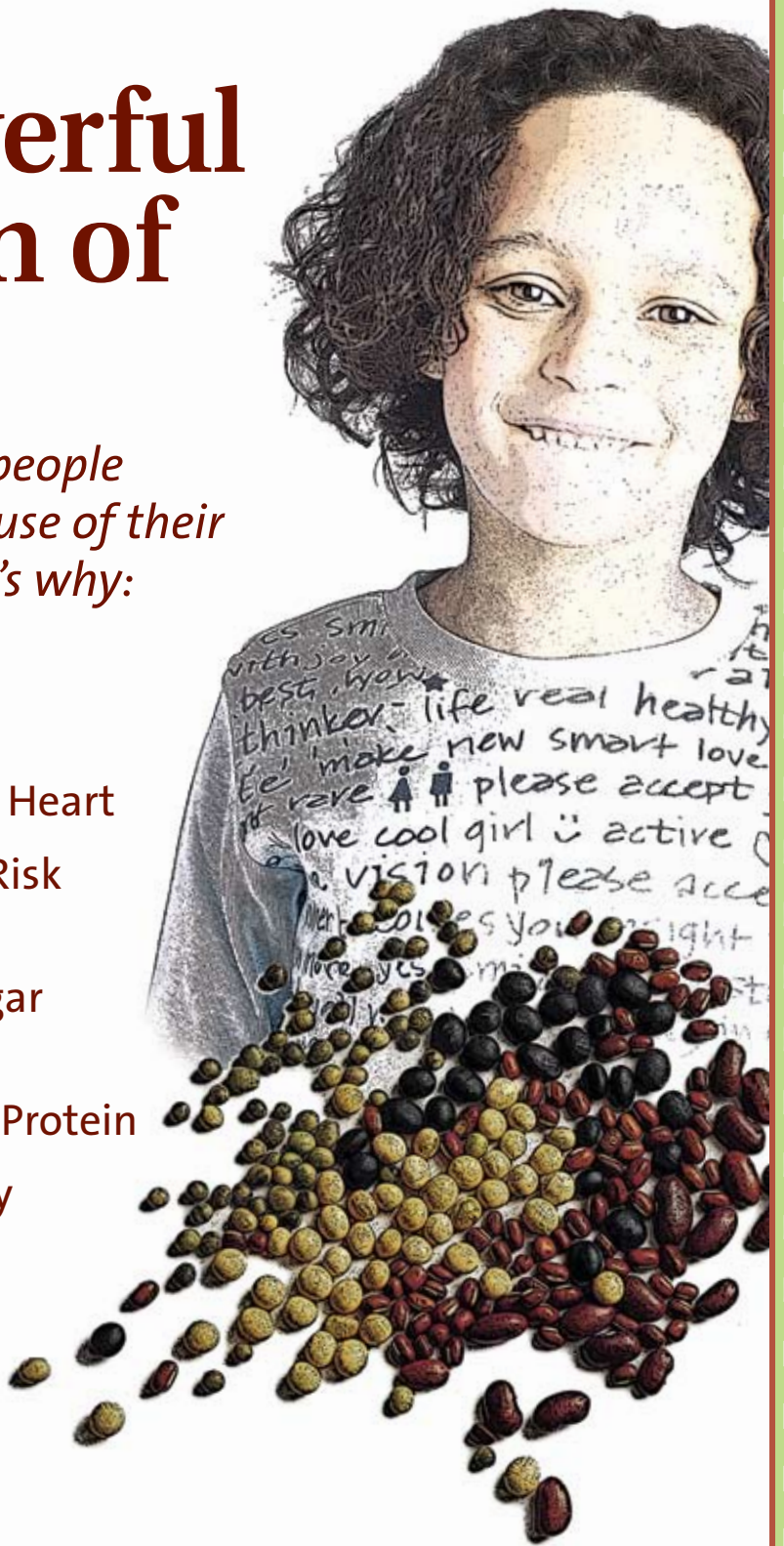


# The Powerful Nutrition of Beans!

*Experts recommend people eat more beans because of their health benefits. Here's why:*

- Beans for Energy and Vitality
- Beans for a Healthy Heart
- Beans for Reduced Risk of Certain Cancers
- Beans for Blood Sugar Management
- Beans for Fiber and Protein
- Beans for Pregnancy and Healthy Babies
- Beans for People with Food Allergies



**Eat More Beans!**

