

Get Involved
#beansonthemenu
@beansishow



Beans is How is a new campaign to double global bean consumption. Share a pic of your bean dish. Join the movement.

 Beans is How

Looking for a food choice that is:

- ✓ Nutritious?
- ✓ Delicious?
- ✓ Good for the Planet?

 Beans is How

Share your bean
dish & Learn why
we are putting
#beansonthemenu



They are rich in **protein** and dietary **fibre**, which is great for gut health. They have no cholesterol, are **low in fat** and rich in micronutrients such as **iron**, **potassium** and **B vitamins** like **folate**.

If you guessed A, you are correct!

Beans are high in
all of the following
EXCEPT FOR:

- A: Saturated fats**
- B: Fibre**
- C: Potassium**
- D: Protein**
- E: Iron**



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- ✓ Improve soil health and reduce synthetic fertiliser use
- ✓ Require less water than many other crops
- ✓ Reduce greenhouse gas emissions compared to other sources of protein
- ✓ Have a long shelf-life, which reduces food waste

Beans are great for the planet!

The answer is TRUE!



TRUE OR FALSE?

Growing more beans has many environmental benefits.

