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

Looking for a food choice that is:

✓ Nutritious?
✓ Delicious?
✓ Good for the Planet?
Beans are high in all of the following EXCEPT FOR:

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

If you guessed A, you are correct!

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. Potassium and B vitamins like folate.

Beans are How

#beansonthemenu

Please share your bean dish & Learn why we are putting #beansonthemenu.
Growing more beans has many environmental benefits.

- Improve soil health and reduce synthetic fertiliser use
- Reduce greenhouse gas emissions
- Require less water than many other crops
- Have a long shelf-life, which reduces food waste
- Compared to other sources of protein, beans are great for the planet

The answer is TRUE!