

Beans

Types of Beans:

- **Lima**—Flat, white, smooth, creamy. 10 g protein/cup
- **Black-eyed pea**—Medium size, oval, black dot on white skin. 11 g protein/cup
- **Garbanzo (chickpea)**—Round, medium size, beige. 12 g protein per cup
- **Red Kidney**—Large, red and kidney-shaped. 13 g of protein per cup
- **Pinto**—Medium size, mottled beige and brown ovals. 12 g protein per cup
- **Small Red**—Dark red, small. 12 g per cup
- **Soybeans** cooked – 29 g of protein per cup

Bean Benefits

Beans are nutritional powerhouses that improve health. They are filled with nutrients like folate, magnesium, alpha-linolenic acid, calcium, potassium, and vitamin B6. They're also high in protein and fiber. Although they have a lot of carbs, these carbs are the complex, good kind that gives your muscles and brain energy. Beans have been known to help fight chronic diseases like cancer, heart disease, diabetes, and obesity. It takes only 2-4 cups of dry beans a week for health benefits to take effect.

People who eat legumes (beans) four times a week have a 22% lower risk of heart disease than people who eat them less than once a week. Countries with the highest bean consumption rates have the lowest death rates due to breast, prostate, and colon cancers. Beans help you feel full and energetic, and this helps you eat fewer calories. Also, beans have a high concentration of antioxidant phytochemicals, which can reduce risk of cancer and damage caused by free radicals.

So, what's the healthiest type of bean? Here are some of our picks that give you the most nutrients and antioxidants as well as great taste:

- **Black Beans**—These, also called turtle beans, are filled with antioxidants, protein, and fiber.
- **Kidney Beans**—These have lots of fiber and protein, as well as a trace mineral called molybdenum. This mineral can detoxify sulfites, preservatives often found in processed food.
- **Pinto Beans**—These are an excellent source of antioxidants, fiber, molybdenum, folate, protein, manganese, magnesium, iron, phosphorous, vitamin B1, potassium, and copper.

Not all beans are healthy though. Some canned varieties contain too much sugar and salt, so make sure you read nutrition labels! Also, some kinds of raw beans, such as red or kidney beans, contain a harmful toxin called lectin phytohemagglutinin, which is only removed by cooking. Beans should be boiled for at least ten minutes, since undercooked beans may be even more toxic than raw beans. Surprisingly, cooking in a slow cooker may not destroy toxins because of the lower temperatures used. Beans should reach boiling temperature and remain there for some time. Fermentation is a method of improving the nutritional value of beans by removing toxins. Soy sauce is made from fermented beans.

RIGHT WEIGH CLINIC

309 Airport Rd
Suite B
Pearl, MS 39208

Phone: 601-936-2887
E-mail:
info@rightweighclinic.com

We're On The
Web!!

www.RightWeighClinic.com



Empowering You Through
Education and Medical Support

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods as it is to eat the proper nutrients. We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

There are many ways to lose weight, but **our program ensures that you are losing body fat and not just "weight"** by weighing on body mass analysis scales weekly and making timely adjustments to your program.

Three Bean Salad Recipe

INGREDIENTS

- 1 15-oz can cannellini beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- 1 15-oz can garbanzo beans, rinsed and drained
- 2 celery stalks, chopped fine
- 1/2 red onion, chopped fine
- 1 cup fresh, finely chopped flat-leaf parsley
- 1 Tbsp fresh finely chopped rosemary
- 1/3 cup apple cider vinegar
- 1/3 cup granulated sugar
- 1/4 cup olive oil
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper

METHOD

1. In a large bowl, mix beans, celery, onion, parsley, and rosemary.
2. In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.
3. Chill beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.

Yield: 4-8 servings.