

BLACK BEAN AND MANGO SALAD



Preparation time: 15 minutes

Created by Evan Kleiman, executive chef and owner,
Angeli Caffé, Los Angeles

- 1 can (15 ounces) BUSH'S Black Beans, drained and rinsed
- 2 cups diced mango or pineapple chunks
- 1 cup sweet red bell pepper, diced
- 6 green onions, thinly sliced
- 1/4 cup cilantro leaves, chopped
- 1/4 cup fresh lime juice
- 1 tablespoon olive oil
- 1 seeded Jalapeño pepper, minced or hot sauce to taste
- Salt to taste, optional

Combine ingredients in bowl. Toss and serve.

Makes 6 Servings

Nutrition Facts

per serving

		Daily Value
Calories	140	*
Calories from Fat	25	*
Total Fat	3g	4%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	26g	9%
Dietary Fiber	7g	26%
Sugars	10g	*
Protein	6g	12%
Vitamin A	142mcg	30%
Vitamin C	70mg	120%
Calcium	41mg	4%
Iron	1.6mg	8%
Folate	60mcg	15%
Potassium	284mg	8%

Optional ingredients are not included in nutrition analysis.

* Daily value not established

Bush's Beans offers a variety of high-quality, great-tasting products that make it easy to get all the nutrition and health benefits of beans. Create heart-healthy meals with Bush's Beans using these tips:

Breakfast: Make breakfast burritos with Bush's Pinto Beans, egg whites, veggies, and salsa. Roll in a whole-wheat tortilla.

Lunch: Top a garden salad with Bush's Kidney Beans and low-fat dressing.

Snack: Add Bush's Black Beans to homemade salsa.

Dinner: Mix Bush's Great Northern Beans with spaghetti sauce and serve over pasta.

Visit www.bushbeans.com for more great recipes and to download additional copies of this information sheet.



www.bushbeans.com

BEANS AND HEART HEALTH

Diets including beans may reduce your risk of heart disease and certain cancers.

Increasingly, beans are being recognized by leading organizations and researchers as an important part of a heart-healthy diet:

- The *Dietary Guidelines for Americans 2005* developed by the USDA recommends that we eat three cups of beans each week – *triple* the current amount.
- A recent study found that people who ate legumes (such as beans, peas, and peanuts) four or more times each week had a 22 percent lower risk of developing heart disease compared with those who ate legumes less than once each week.¹
- Studies have shown that beans can be as effective as oat bran at lowering cholesterol. In one study, men with high cholesterol added 1/2 cup of canned beans to their daily diet. After only three weeks of eating more beans, the study participants' average cholesterol level had dropped 13 percent.²

Beans have many positive health benefits, but there are several that are believed to be especially important in reducing heart disease risk. Specifically, beans are:

Naturally Low in Fat and Cholesterol Free

Beans are a naturally low-fat, saturated fat-free and cholesterol-free source of protein. Health experts agree that diets low in fat, saturated fat and cholesterol can promote heart health.

A Source of Fiber

The American Heart Association Eating Plan suggests that you eat foods high in both soluble and insoluble fiber, like beans. Despite recommendations by health organizations to consume 20-35 grams of fiber a day, most Americans only eat 12-17 grams a day. Adding beans to your diet is a great way to increase your intake of soluble and insoluble fiber. One half-cup of beans has at least five grams of total fiber.

A Source of Folate

Just one half-cup serving of beans can provide at least 10 percent of your daily folate needs.

Visit these Web sites for more information about nutrition and heart health:

- American Dietetic Association
www.eatright.org
- American Heart Association
www.heart.org
- American Diabetes Association
www.diabetes.org
- WebMD
www.webmd.com
- US Department of Agriculture
www.nutrition.gov
- US Department of Health and Human Services
www.healthfinder.gov

1. Bazzano et al. "Legume Consumption and Risk of Coronary Heart Disease in US Men and Women: NHANES." *Arch Internal Medicine* 161 (2001): 2573-2578.
2. Anderson, J and Gustafson, N. "Hypocholesterolemic Effects of Oat and Bean Products." *American Journal of Clinical Nutrition* 48 (1998): 749-53.