



# Beans, Beans

They're good for your heart!!



## What are the Sustainable Development Goals?

The Sustainable Development Goals (SDGs), otherwise known as the Global Goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity.

# What are beans?

Beans belong to the family of plants called **legumes**. A legume is a plant that produces seeds in a pod (fruit) and may have the ability to fix atmospheric nitrogen. The physical shape of the seed helps distinguish beans from peas and lentils. Usually, beans are kidney-shaped or oval, peas are round and lentils are flat disks.



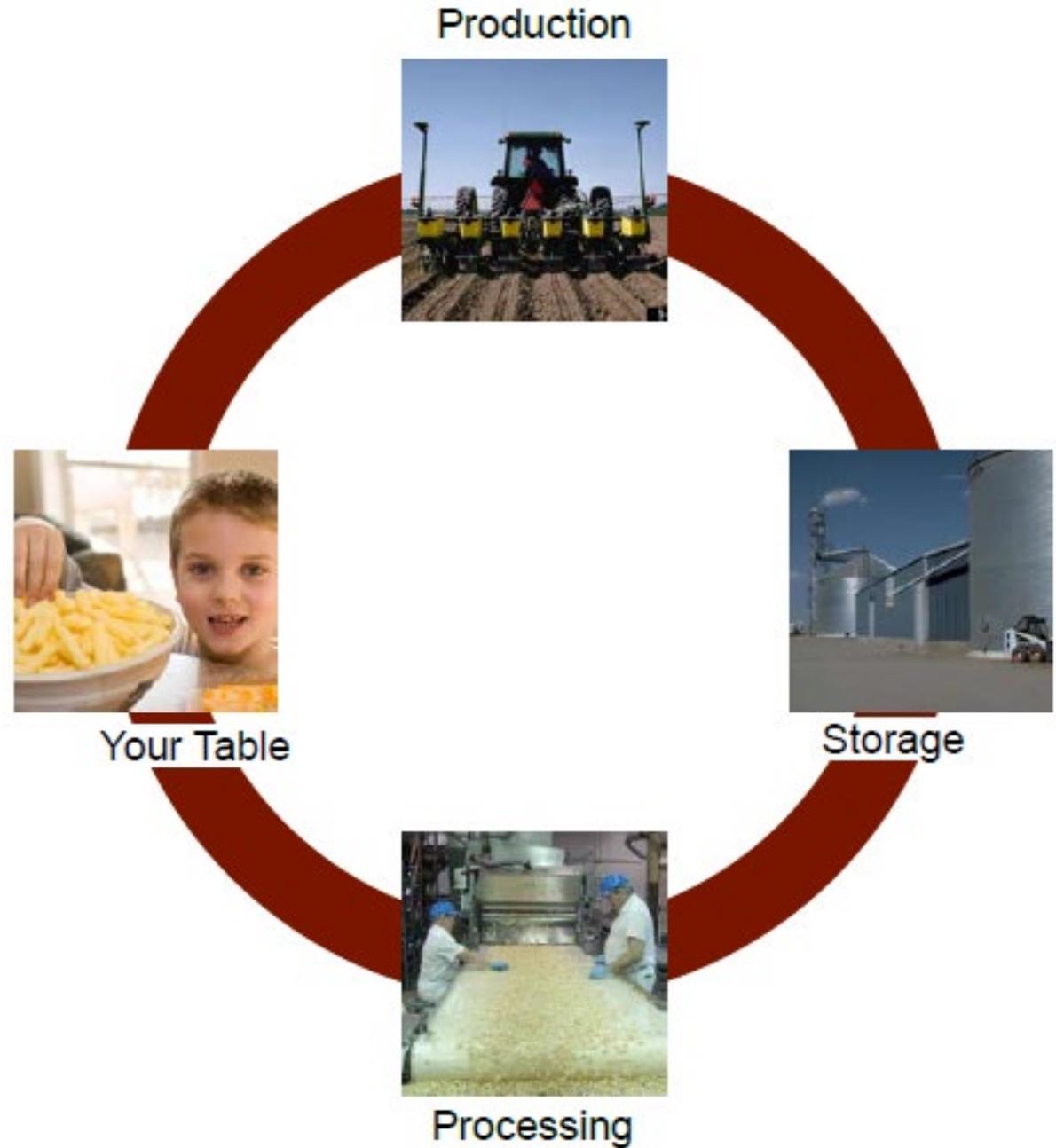
# From farm to fork

<http://fluxpictures.com/projects/tesco-farm-to-fork/>

As beans fix their own nitrogen, the crop following them in a crop rotation pattern requires very little or no additional fertiliser to grow.

<https://www.youtube.com/watch?v=OtM6crzZUXE>

The majority of beans in the world are grown in the United States. Some beans are grown in UK and many are then exported to Egypt.



# Baked Beans

- Native to South America
- Introduced to Europe 1528
- Canned beans are thought to be the first convenience food.
- It is based on the French 'Cassoulet' which would have been brought here by sailors.
- Best selling brand in the UK is Heinz.



# Aduki Bean Stew

- Found in East Asia and the Himalayas.
- Otherwise known as the red mung bean.
- Aduki beans are said to be the most 'yang' (warming) of the bean family.
- Usually sweetened to make 'Anko' or red bean paste, used in dessert dishes.



# Hummus

- Normally prepared using chick peas (garbanzo beans).
- Hummus is such an old recipe no-one knows where it came from.
- Britain consumes 12,000 tonnes of Hummus a year.
- Wikipedia lists five spellings - hummus, houmous, hommos, humos, hoummos.
- In English, humus means the most basic component of the soil.





# Nutritional Benefits



- Excellent source of protein (HBV and LBV)
- When eaten with bread it forms a complete protein.
- High in soluble fibre
- High in NSP
- Very low in fat, sugar and sodium.
- Beans contain essential vitamins and minerals.
- Suitable for vegetarians.
- Help prevent bowel disorders.
- Helps you feel fuller for longer so less likely to snack.
- Help to reduce cholesterol and risk of heart disease and obesity.
- Source of potassium, magnesium, iron, folic acid to name a few.