Health Tip: Eat Black Beans for a Variety of Nutrients!

Black beans are very high in fiber. Other important nutrients include folate, protein, iron, and antioxidants. A serving of any dried beans (black, brown, white, pinto, etc) is ½ cup and has as much protein as an ounce of meat. They go well with rice and corn on a vegetarian diet.

Here are some health benefits of black beans:

• high in fiber (reduces constipation)
• better blood glucose control
• May lower risk of cancer and heart disease
• promotes healthy nerve tissues