



USE YOUR “BEAN” AND EAT MORE BEANS.

beans = nutrients + versatility + value

Beans are a smart choice for your body and budget. They are **nutritionally dense** and amazingly **economical**. Beans provide **low-calorie, low-fat protein**, which growing bodies can use to build muscle and other tissues, plus other vital nutrients, including **iron, folate, magnesium and fiber**.

What is a bean? Beans are part of a broader category of foods called “legumes.” Other

legumes include peas, lentils and peanuts. Favorite types of beans include black, pinto and kidney, but there are so many others, including old-fashioned heirloom varieties with wild names like Eyes of Goat and Tongues of Fire!

Where do legumes come from? All legumes, including beans, grow on plants. There are thousands of different species. Some resemble Jack’s famous beanstalk, while others look more like shrubs or vines. Most legumes we commonly eat grow in pods.



Canned vs. Dried

Whether you choose canned or dried, beans pack lots of nutrition into a tiny package.

Canned beans are quick and convenient. Keep them in the pantry for a last-minute meal anytime. All it takes is a pop of the lid and a quick rinse, then eat them right away or add them to recipes.

Dried beans are even more economical and available in bulk so you can buy just the amount you need. Cooking dried beans is a cinch! Just sort, soak, rinse and cook. For more information, search for “beans” at wholefoodsmarket.com.



Beans, beans, great for the heart...

...but some people worry an unwanted side effect might start. You guessed it: gas. It’s true that beans and other legumes can produce gas during digestion. But the nutritional advantages of beans outweigh this minor drawback, and there are a few things you can do to reduce or minimize this effect.

- If you’re not used to eating beans, start with small amounts, then gradually increase each day.
- Choose legumes that are easiest for the body to digest: adzuki beans, black-eyed peas, lentils and mung beans.
- When preparing dried beans, an overnight soak can reduce the amount of gas.
- Try a gas-reducing enzyme. These flavorless dietary supplements are available in tablet or liquid form and can be taken before your meal or added to it.

Grow Your Own Beanstalk

Jack isn’t the only one with “magic” seeds that can grow a beanstalk. You can sprout one at home — and we guarantee it won’t lead to a giant!

Here’s how: **1.** Choose a few dried beans from your pantry or from the bulk department. **2.** Moisten a paper towel, lay it flat and spread the beans out on top of the towel. Then layer on another moist paper towel, roll or fold the whole thing up, and put it in a plastic bag. **3.** Next the key is to slightly warm the beans so they will begin to sprout. Place the bag in direct sunlight on a warm day, or on top of the hot water heater or refrigerator. Germination should start within a few days. **4.** Check your beans daily and when the outer layer breaks, plant them in moist soil in a pot. Then watch your beanstalk grow.

Post a photo of your plant on our Facebook page: www.facebook.com/wholekidsfoundation



“Put on Your Thinking Beanie”

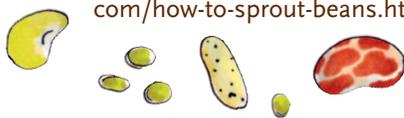
Try to find these 10 words: **adzuki, bean, fiber, garbanzo, iron, kidney, legume, lentil, pinto, protein**

U X Z A D G O R P L N N H M P
K N O R I N E L D I U L G B R
A P J Z E D L E P Y N J P G N
O Y G F G D Y G A L Z T R L U
J I B H A K L U I B Q A O T I
D T P H R M N M B Q I N P G O
K N M D B C F E Y E G A R R Z
I A J H A D B W R B A H O G A
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N F A D Z U K I Y P G S E M O
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Y R R O E K F I B E R Y N P L
D K I T V U O T N L A P H C K
A S T P H W J E X M H U E I Q

Next Steps: Beyond Beans

If basic beans are already on the menu at your house, take it to the next level:

- **Get a load of lentils.** Available in a variety of beautiful colors, lentils are quick cooking and can be used the same way as beans, but they have somewhat different flavor and texture.
- **Give split peas a chance!** They shine in soups or cooked until creamy to bring out the full, sweet flavor.
- **Sprout dried beans at home.** It's easy and fun to grow bean sprouts right in your kitchen. www.growingraw.com/how-to-sprout-beans.html



TIPS FOR PARENTS



Bean There, Done That

If your kids aren't too keen on beans, try these fresh ideas that just might tempt them:

- **Take a dip!** It's easy to create bean-based dips and spreads by giving canned beans a whirl in the blender. Try different types and experiment with seasonings until you find a winning combination. Or pop open a can of refried beans and use them as a spread.
- **Check out garbanzo beans**, a.k.a. chickpeas. They have a drier, firmer texture than other types of beans and a uniquely nutty flavor.
- **Discover easy edamame**, a.k.a. soybeans, which can be found (with or without pods) in the frozen aisle. They have mild flavor and snappy texture. Simply defrost for a ready-to-eat snack or for kids' lunches.
- **Add canned beans** to your child's favorite soup, stew or chili. Choose a color and shape that looks pretty in the recipe to add appeal. Or purée beans right into smooth soups (and they might even go completely undetected).
- **Decorate other foods with beans.** They make great edible eyes and noses!

Quick & Easy Recipes

Let kids help with the simple steps in **bold**!

It's a snap to add beans to your busy day with these simple recipes.

BREAKFAST

Easy-Peasy Bean Breakfast Taco

Get a quick protein punch on busy mornings with this lightning-fast, easy-to-carry breakfast wrap. **1. Spread canned refried beans on a tortilla.** **2.** Add a scrambled egg if you wish. **3. Sprinkle on your choice of grated cheese, chopped tomatoes, fresh spinach, salsa, diced peppers or other favorite fixings.** **4. Roll it up** (and wrap it in a napkin if it's one of those mornings where breakfast needs to happen in the car).

LUNCH

Black Bean Hummus

2 cups canned black beans, drained and rinsed (or pre-cooked dried black beans)
2 cloves garlic
¼ cup tahini
1 teaspoon ground cumin
2 tablespoons water
2 teaspoons soy sauce
2 teaspoons lemon juice (or more to taste)
½ cup fresh cilantro, chopped (optional)

1. Place all ingredients in a food processor or blender. 2. Pulse until smooth and all ingredients are combined. 3. Serve with veggie dippers or pita bread triangles or use it as a spread on sandwiches.

Source: Adapted from Whole Foods Market

DINNER

Passata di Verdure Soup (a.k.a. "Creamy Veggie Soup")

4 cups chicken or vegetable broth
1 can diced tomatoes
1 can white (cannellini or navy) beans, drained
2 carrots, peeled and chopped
1 medium zucchini, chopped
1 celery stalk, chopped
1 cup onions, chopped
2 cups fresh spinach (or frozen defrosted), chopped
1 teaspoon dried thyme
½ teaspoon dried sage
2 bay leaves
salt and pepper to taste

1. Pour the broth into a large pot and add all the vegetables. **2.** Cook on low heat for 2 hours. **3.** Add salt and pepper to taste. **4.** Let soup cool and then pour into a blender. **5.** Blend until puréed.

Source: Adapted from Chef Gino Campagna

RESOURCES

Whole Kids Foundation
wholekidsfoundation.org

Get involved...and help kids get more nutrition in every bite!

We offer resources to support your local schools, volunteer opportunities, sponsorships and a variety of donation methods. Because Whole Foods Market covers our core operating costs, every dollar raised goes straight to programs that make a direct impact on kids, communities and schools. Whole Kids Foundation is a 501(c)(3) organization. Donations are tax deductible to the extent allowed by law.

To learn more about our programs, partners and available grants, visit wholekidsfoundation.com.

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