**Dry Beans and Our Health**

- A cup of dry beans is about one cupped handful. This makes about 1 cup of cooked beans.
- A cup of most cooked beans is an excellent source of fiber and folate.
- Dry beans are also a good source of plant protein, iron, and potassium.
- Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

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**When Are Dry Beans in Season?**

Dry beans are available for purchase at a grocery store all year long. Grow your own, or ask a local farmer to grow them for you. In the Fall, dry beans can sometimes be found at local farm stands. Try to go “Meatless Monday” and used dry beans as the protein for your main dish.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1/4 cup cooked garbanzo beans (82g)</th>
<th>Calories 134</th>
<th>Calories from Fat 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 2g</td>
<td>% Daily Value</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 6mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 22g</td>
<td></td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 6g</td>
<td></td>
<td>25%</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 7g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A 0%</td>
<td></td>
<td>Calcium 4%</td>
</tr>
<tr>
<td>Vitamin C 2%</td>
<td></td>
<td>Iron 13%</td>
</tr>
</tbody>
</table>

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**Healthy Serving Ideas**

- Dry beans are usually cooked by boiling. You can also use canned and frozen beans.
- Add lima or kidney beans to salads.
- Mix lentils into your favorite casseroles instead of meat.
- Add navy beans to soups for protein.
- Sprinkle black beans on top of pizza for added flavor and fiber.
- Make a tasty dip or hummus using your favorite beans.

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**Healthy Tip**

Include fruit and/or vegetables, lean protein, whole grains, and unsaturated fats in every meal and at least two food groups (protein + fiber) in each snack.

*Health tip provided by Vineyard Nutrition*

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**Shopper’s Tips**

- Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.
- Choose loose, dry beans that have similar size and color.
- Pick low sodium frozen or canned beans.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, and quesadillas.

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For more information, visit islandgrownschools.org/harvestofthemonth

**Harvest of the Month**

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.