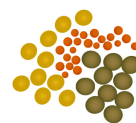


BEANS & PEAS



What do you know about this fantastic MyPlate subgroup?

What's in the Beans and Peas Vegetable Subgroup?

According to MyPlate, the beans and peas vegetable group is made up of...

- Black Beans
- Chickpeas (a.k.a. Garbanzo Beans)
- Kidney Beans
- Lentils
- Black-Eyed Peas
- Navy Beans
- Pinto Beans
- Soy Beans
- Split Peas
- White Beans

Beans and peas are unique because they can belong to 2 different MyPlate groups -- protein foods or vegetables.

Why 2 groups? Well, it all has to do with nutrients. Beans and peas have lots of nutrients that are special to the vegetable group, but they're also great sources of protein. So they fit into two groups.

Nutrient Profile:

Beans and peas are nutrition powerhouses. Here are some of the top nutrients in these foods...

- Beans and peas are fantastic sources of **folate**. For example, a single cup of cooked lentils has 90% of the daily value for folate. Folate is a B vitamin that is vital for the creation of healthy new cells.
- Beans and peas are chock-full of **protein**, a macronutrient that is very important to a balanced diet. MyPlate has pointed out that "Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins."
- Beans and peas are also great sources of **dietary fiber**, **iron**, **potassium**, and **zinc**.

