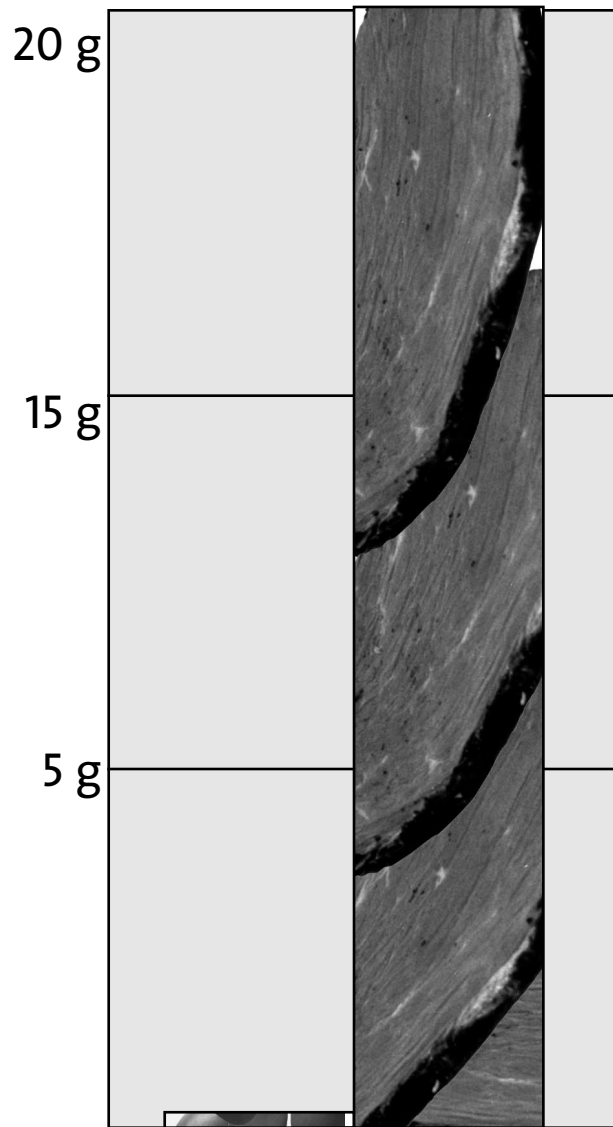
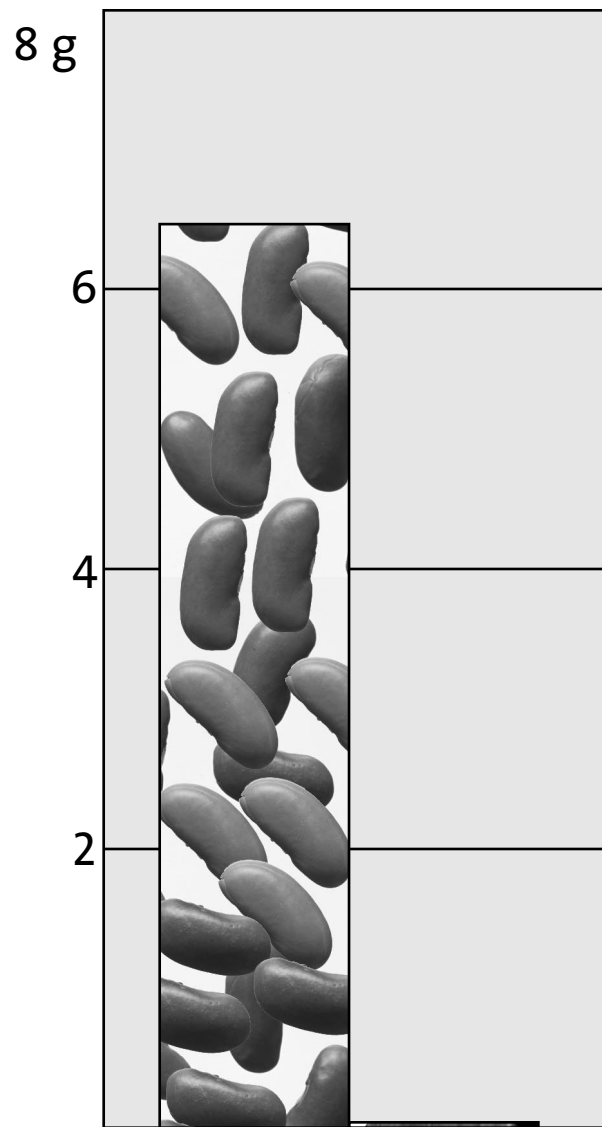


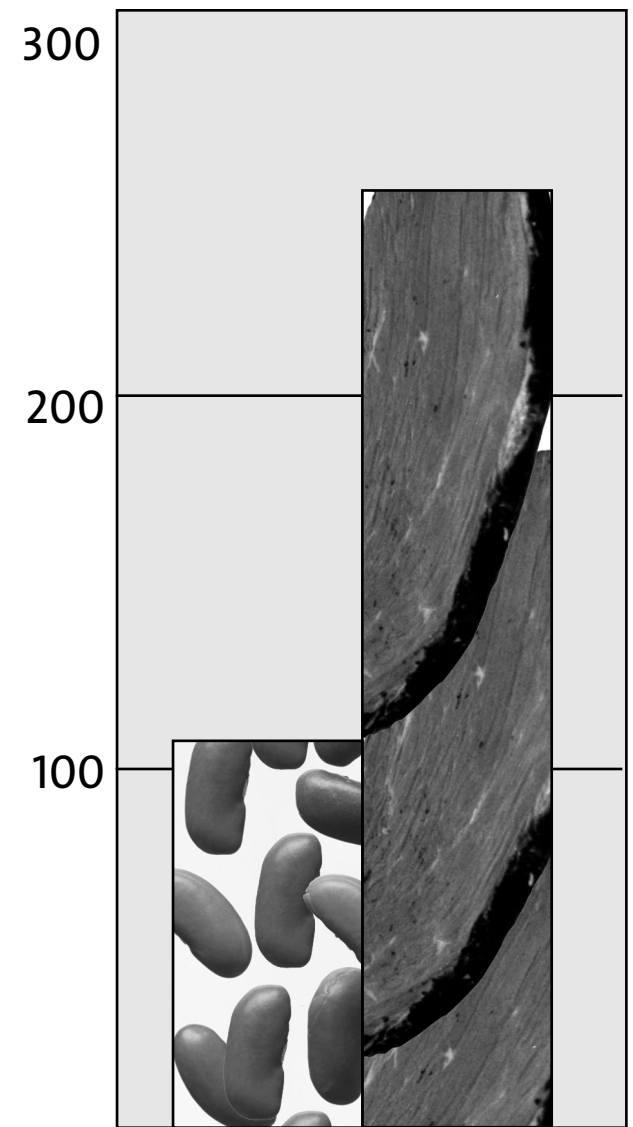
Compare Kidney Beans to Lean Ground Beef



20.5 g less fat



6.5 g More Fiber



48% Fewer Calories

Comparisons are for 1/2 cup beans versus 3.5 ounces beef or a serving of each.

Beans are Nutritious and Heart Healthy

