



Bean in Control:

How Beans Help Manage Diabetes

According to the American Diabetes Association (ADA), beans are one of 10 superfoods that everyone with diabetes should eat regularly. Beans have a low Glycemic Index (GI) – a ranking of a food’s effect on blood sugar – and offer many benefits that can help people with diabetes manage their condition.



Carbohydrate-Friendly

One half-cup serving of S&W® Beans* contains only 18-23g of carbohydrates, or 1-1.5 carb choices, which means beans can easily fit into a diabetes meal plan. While everyone is different, most people with diabetes should consume about 45-60g, or 3-4 carb choices per meal.



Full of Fiber, Cholesterol-Free

One half-cup serving of S&W® Beans contains 24-32% daily value (DV) for fiber, including insoluble (can't be digested) fiber that can help lower your risk for type 2 diabetes. And for people who have diabetes, the cholesterol-lowering soluble fiber in beans also slows the body's absorption of carbohydrates, which helps control blood sugar levels.



Packed with Protein

With 11-15% DV for protein, one half-cup serving of S&W® Beans helps meet the ADA's recommendation of 15% DV for protein without the saturated fat found in some meats. Cutting back on saturated fat can help people with diabetes lower their LDL (bad) cholesterol and risk for heart disease.



Low in Sodium

According to the ADA, two in three people with diabetes report having high blood pressure. To enjoy all the health benefits of beans but with less sodium, drain and rinse S&W® Classic Beans to remove 40% of the sodium, or try S&W® 50% Less Sodium Beans, certified by the American Heart Association. Consuming less sodium helps you avoid high blood pressure and lowers your risk for heart attack, stroke or heart failure.



Powerful Potassium

One half-cup serving of S&W® Beans contains 7-15% DV for potassium, which can help relax blood vessels, excrete sodium and further lower blood pressure.



**Based on S&W® Classic Beans*

Always consult a medical professional to ensure that diet changes meet your individual needs.



Hearty Turkey Chili



20 min
Total Time



10min
Prep Time



8
Servings



(Gluten Free, Low Calorie, Low Sodium)

Ingredients:

- 1 (16oz) package lean (93%) ground turkey
- 3/4 cup onion, chopped
- 1 (15.25oz) can
- S&W® Kidney Beans, 50% Less Sodium (drained, rinsed)
- 1 (15oz) can S&W® Black Beans, 50% Less Sodium (drained, rinsed)
- 1 (15oz) can whole kernel corn (drained)
- 1 (14.5oz) can petite diced tomatoes (do not drain)
- 1 (15oz) can no salt added tomato sauce
- 1 Tbsp. chili powder
- 3 Tbsp. lime juice

Directions:

In 12-inch skillet, cook turkey and onion over medium-high heat 5 to 7 minutes or until turkey is thoroughly cooked, stirring to break up turkey. Add all remaining ingredients; bring to a boil. Reduce heat; cover. Simmer 10 minutes.

Serving Suggestions:

Serve with lime wedges, light sour cream and/or chopped cilantro.

Serving Size: about 8oz each

Nutritional Information Per Serving:

Calories 240, Total Fat 4.5g (Saturated Fat 1g, Trans Fat 0g), Cholesterol 40mg, Sodium 450mg, Carb 32g, Fiber 10g, Sugar 8g, Protein 20g, Vitamin A 20%, Vitamin C 35%, Calcium 8%, Iron 15%

Sources:

American Diabetes Association (ADA). Diabetes Superfoods (2015, February 2). Available [here](#).

ADA. Carbohydrate Counting (2016, November 21). Available [here](#).

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ADA. High Blood Pressure (2014, September 24). Available [here](#).

Mayo Clinic. Dietary fiber: Essential for a healthy diet (2015, September 22). Available [here](#).

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