



# The Heart-y Bean: A Meal Solution for Better Heart Health

According to the American Heart Association (AHA), heart disease is the No. 1 cause of death worldwide, and claims more than 370,000 Americans each year. Thankfully, the small but mighty bean can combat six key heart disease and stroke risk factors.



## Exercise

One half-cup serving of S&W® Beans contains 18-23g of carbohydrates, which help provide energy for the 150 minutes of weekly aerobic exercise adults need to reduce their risk for heart disease. Additionally, the 6-7g of protein helps your body recover from exercise.



## Body Weight & Diet

One half-cup serving of S&W® Beans contains only 100-130 calories and 24-32% daily value (DV) for fiber. Fiber supports digestion and keeps you feeling fuller longer to help you reach or maintain a healthy weight, and ultimately reduce your risk for heart disease.



## Blood Cholesterol

S&W® Beans are cholesterol-free and rich in soluble (digestible) fiber, which helps control LDL (bad) cholesterol and reduce your risk for a heart attack or stroke.



## 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 AHA. Consuming less sodium helps you avoid high blood pressure that can contribute to heart attack, stroke or heart failure.



## Blood Sugar/Diabetes

S&W® Beans provide a healthy dose of insoluble fiber, which can help lower your risk for type 2 diabetes, a risk factor for heart disease. For people with diabetes, the soluble fiber in beans slows the body's absorption of carbohydrates, which helps control blood sugar levels and lower heart disease risk.



\*Based on S&W® Classic Beans



## Black Bean and Quinoa Salad



25 min  
Total Time



25 min  
Prep Time



6  
Servings



(Gluten Free, Low Calorie, Low Sodium, Vegetarian)

### Ingredients:

- 1 cup uncooked quinoa, rinsed
- 1 (15oz) can S&W® Black Beans (drained, rinsed)
- 2 medium tomatoes, chopped
- 4 green onions, sliced
- 1/4 cup chopped fresh cilantro

### Dressing:

- 2 tsp. grated lime peel
- 3 Tbsp. lime juice
- 1 Tbsp. olive oil
- 1/4 tsp. kosher salt
- 2 tsp. honey
- 1/2 tsp. hot sauce
- 1/8 tsp. pepper

### Directions:

Cook quinoa as directed on package. In medium bowl, mix all remaining salad ingredients. In small bowl, beat all dressing ingredients with wire whisk until well blended. Stir cooked quinoa into bean mixture. Pour dressing over salad; toss to coat. Serve slightly warm or refrigerate 1 hour to chill.

### Serving Suggestions:

Serve this salad on a bed of baby lettuce.

Serve larger portions for a light lunch entrée salad.

**Serving Size:** About 6oz each

### Nutritional Information Per Serving:

Calories 190, Total Fat 4.5g (Saturated Fat 0.5g, Trans Fat 0g), Cholesterol 0mg, Sodium 250mg, Carb 33g, Fiber 6g, Sugar 6g, Protein 7g, Vitamin A 6%, Vitamin C 25%, Calcium 6%, Iron 15%

#### Sources:

American Heart Association (AHA). Heart Disease, Stroke and Research Statistics At-a-Glance (2015, December 16). Available [here](#).

AHA. American Heart Association Recommendations for Physical Activity in Adults (2016, July 27). Available [here](#).

AHA. About Cholesterol (2016, August 10). Available [here](#).

AHA. The Benefits of Beans and Legumes (2015, May 4). Available [here](#).

AHA. SODIUM AND YOUR HEALTH. Available [here](#).

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

Duyff, R.; Mount, J.; & Jones, J. Sodium Reduction in Canned Beans After Draining, Rinsing (2011). Journal of Culinary Science & Technology.

