



Spilling the Beans: How Beans May Protect Against Cancer

Nutrition is a powerful weapon in disease prevention. For example, consider that one in five cancers is related to lifestyle factors, including diet. Beans are packed with many nutrients that may help prevent cancer when coupled with an overall healthy diet and lifestyle.



Rich in Antioxidants

Beans contain a variety of antioxidants from phytochemicals, which may help protect against cancer in a variety of ways, such as boosting the immune system, fighting inflammation, regulating hormones and protecting against free radicals (cell-damaging molecules believed to play a role in cancer development). Consider that a recent study suggested that Hispanic groups have a lower incidence of lung cancer because they tend to eat beans, which reduce inflammation. Scientists recommend that adults eat 3 cups of beans per week to promote health and reduce the risk of chronic diseases, including cancer, due to their abundance of fiber and antioxidants.



Great for Your Weight

Being overweight or obese is a risk factor for many cancers, including breast, colon, endometrium, kidney, esophagus, and pancreatic cancer, and is connected to as many as 20% of cancer-related deaths. A balanced diet that includes beans can promote a healthy weight. With their powerful protein and fiber combo, beans help satisfy hunger and provide long-lasting energy, which can help reduce overall calorie intake and aid in weight loss or maintenance. And with just 100-130 calories* per half cup serving, S&W® Beans are calorie-friendly and will help fill you up without filling you out.



Packed with Fiber

Numerous research studies link a high intake of fiber to a lower risk of cancer. Beans certainly can up your fiber intake – one serving of S&W® Beans provides 6-9 grams.* More specifically, the insoluble fiber found in beans keeps things moving through your digestive system, which also helps get rid of potential cancer-causing substances in the colon. In fact, recent studies have linked eating beans to a 17% lower risk of colon and rectal cancers and a 16–18% lower risk of kidney cancer.



Protein Powerhouse

Protein is tied to many health benefits, such as helping fight hunger and aiding in muscle growth and maintenance, but when it comes to cancer prevention, some protein sources may be better than others. Research has tied high consumption of red meat and processed meats (i.e., hot dogs, bacon) with colon cancer. Replacing some of these meats in your diet with lean chicken, fish or beans can help reduce your risk. For example, research suggests eating one serving of beans daily in place of meat may lower breast cancer risk by 15%. Plant protein may be especially beneficial in prevention of other cancers, since plant foods, such as beans, have been shown to reduce risk of throat, stomach, pancreas and colon cancers.



**Based on S&W® Classic Beans*



Garbanzo Summer Salad



10 min
Total Time



10 min
Prep Time



6
Servings



(Vegetarian)

Ingredients:

- 1/2 cup pecan halves
- 1/4 cup apple juice
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. honey
- 2 Tbsp. vegetable oil
- 1 (4oz) package baby salad greens
- 1 (15.5oz) can S&W® Organic Garbanzo Beans (drained, rinsed)
- 2 cups halved fresh strawberries (quarter large berries)
- 1 cup fresh blueberries
- 1/3 cup dried cranberries

Directions:

In small skillet, toast pecans over medium heat 5 minutes, stirring occasionally. Set aside to cool. Meanwhile, in small bowl, whisk apple juice, vinegar and honey with a wire whisk. Whisk in vegetable oil until slightly thick and well blended. On large serving platter, arrange thick layer of greens. Drizzle with dressing. Top with beans, strawberries, blueberries, cranberries and pecans. Serve immediately.

Tip: You can substitute a purchased sweet vinaigrette or poppyseed dressing for the homemade dressing if you prefer.

Serving Size: about 6oz each

Nutritional Information Per Serving: Calories 240, Total Fat 12g (Saturated Fat 1.5g, Trans Fat 0g), Cholesterol 0mg, Sodium 115mg, Carb 31g, Fiber 6g, Sugar 16g, Protein 5g, Calcium 4%, Iron 6%

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