



# Trust Your Gut: How Beans Boost Digestive Health

**Beans are known for their many health benefits, such as aiding in weight control, reducing the risk of heart disease and certain cancers, and helping to prevent or manage type 2 diabetes. But it doesn't end there! You can “trust your gut” to beans, since they can also improve your digestive and overall health by helping you get the amount and types of fiber your gut craves.**



## Bean Fiber: A One-Two Punch

There are two types of dietary fiber: soluble and insoluble. Soluble fiber helps slow down digestion, which helps you stay full longer, resist the urge to overeat and ultimately aid in weight control. This fiber has also been linked to a lower risk of heart disease and type 2 diabetes. Insoluble fiber supports healthy digestion by promoting movement of food through the digestive tract. Both types are important for good digestive and overall health, and are found in beans! Incorporating more beans into meals and snacks will help ensure your body has the fiber it needs.



## Fiber Targets for Men and Women

To reap the digestive and health benefits of fiber, women and men under the age of 50 should consume 25g and 38g of fiber daily, respectively. Women over the age of 50 should target 21g, and men this age should aim for 35g. However, more than 90% of Americans fall short. The average person consumes just 15g of fiber each day. With 6-9 grams of fiber in a single half cup serving,\* S&W® Beans can help bridge the fiber gap and improve digestive health.



## Beans, Bacteria and Beyond

A lesser known benefit of beans is their influence on gut bacteria. Research suggests these bacteria impact digestive health, as well as overall health through improved immune system health, reduction in obesity and other chronic health conditions, and even better mood. Consuming a variety of plant-based foods may encourage “good” bacteria to govern the gut and prevent the growth of harmful strains. Plus, beans contain prebiotic fiber, which feeds good gut bacteria.

## Tips to Boost Fiber Intake – and Digestive Health

Improving digestive health doesn't have to be difficult – simply focus on adding more beans to your eating plan! Try these delicious ideas.

- **Breakfast:** Black beans and pinto beans pair well with eggs, while white beans are delicious in smoothies.
- **Lunch:** Toss garbanzo beans in salads or soups, or add to pitas and sandwich wraps.
- **Dinner:** Replace some or all of the meat in casseroles, pasta dishes or Mexican dishes with beans.
- **Snacks:** Enjoy hummus and fresh vegetables or try roasted garbanzo beans.
- **Baked Goods:** Use pureed beans as a substitute for butter or oil in baked goods.



\*Based on S&W® Classic Beans



## Berry Bean Smoothies



**10 min**  
Total Time



**10 min**  
Prep Time



**4**  
Servings



(Gluten Free, Low Sodium, Vegetarian)

### Ingredients:

- 1 1/2 cups orange juice
- 1 (15oz) can S&W® White Beans (drained, rinsed)
- 2 cups strawberries, fresh or frozen (slightly thawed)
- 1 cup nonfat plain Greek yogurt
- 3 Tbsp. honey
- 1 1/2 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 6 to 8 ice cubes (omit if using frozen berries)

### Directions:

In blender, combine all ingredients in order given. Cover; blend 20 to 30 seconds or until completely smooth. Pour into glasses.

**Tip:** This will keep in the refrigerator up to 24 hours.

Two of the (5.3oz) individual tubs of nonfat plain Greek yogurt will work in place of the 1 cup.

**Serving Suggestions:** You can substitute your favorite fruit juice for the orange juice.

Instead of adding ice cubes, you could add frozen chunks of banana.

**Serving Size:** about 11oz each

**Nutritional Information Per Serving:** Calories 210, Total Fat 1g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 0mg, Sodium 160mg, Carb 47g, Fiber 7g, Sugar 26g, Protein 12g, Vitamin A 2%, Vitamin C 130%, Calcium 10%, Iron 10%

#### Sources:

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