

FAMILY CHALLENGE

Beans

Beans are one of the most nutrient dense foods, relatively low in calorie density and one of the foods that is most common to many of the long-lived populations around the world.

“Legumes are among the world's most perfect foods. They stabilize blood sugar, blunt your desire for sweets, and prevent midafternoon cravings. Even a small portion can help you feel full. They can be flavored and spiced in interesting ways, and you can eat an unlimited quantity of them.” Joel Fuhrman, M.D.

Challenge:

Have each member of your family eat at least ONE serving of BEANS everyday this week.

Tips:

- Beans, lentils and other nutritious legumes are the best sources of lean vegetarian protein. These heart-healthy nutrients help lower cholesterol, triglycerides, and blood pressure, and they can reduce your risk of coronary artery disease, diabetes, and osteoporosis.
- A great weight-loss strategy is to eat 1 cup of beans a day. This will give you many of the nutrients you need while keeping you full throughout the day. I like to eat ½ cup in the mornings which helps with cravings throughout the day.
- Beans and Legumes stabilize your blood sugar. This helps with desire for treats and will also prevent those midafternoon cravings.
- Most beans are high in soluble fiber, folate, magnesium, potassium, and are a good source of calcium.
- Before dinner when your kids are looking for a snack, rinse a can of beans and set them on the counter, you will be surprised how much they grab for them when they are super hungry.

Recipe Ideas (found at www.wholefoodmommies.com)

Better Bean Burgers
Anytime Bean Dip

Super Bean Burritos
Zesty Quinoa Bean Medley

Black Bean Lettuce Wraps
5-Minute Wrap Black Bean Dip

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Name	Mon	Tues	Wed	Thurs	Fri	Sat	Sun