

ENJOYING NUTRIENT-RICH CANNED BEANS WITH LESS SODIUM

Draining and Rinsing Canned Beans: An Easy Way to Reduce Sodium

Consumers on low sodium diets are frequently counseled to avoid canned foods, including beans, due to their sodium content. Another option for these consumers is to purchase reduced sodium food products, but these can often be difficult to find.

Recent research shows that consumers can continue to get the great taste, convenience and

nutritional benefits of canned beans by following a common food preparation practice: draining and rinsing. By communicating this practical approach, health professionals can ensure that consumers are reducing their sodium intake, while still enjoying the many benefits of canned beans.

Reduce the Sodium in Canned Beans in 3 Easy Steps:



- 1 Open a can of beans and pour the contents into a colander and drain for 2 minutes.



- 2 Rinse the beans under tap water for at least 10 seconds.



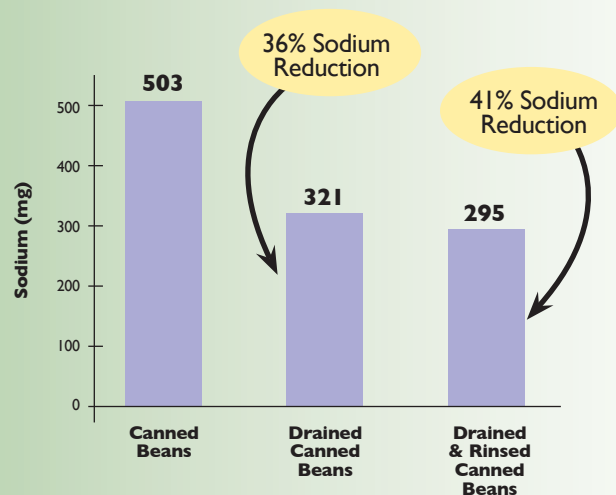
- 3 Allow beans to drain for 2 more minutes.

Draining & Rinsing Canned Beans: The Evidence

University-based researchers recently studied the effect of draining and rinsing canned beans on their sodium content.¹ The average sodium content per serving of multiple brands of five types of popular canned beans (red kidney, garbanzo, pinto, black, and Great Northern) were measured three times: in their packing liquid, after draining the packing liquid for 2 minutes, and after rinsing the drained beans with tap water for 10 seconds and then draining for 2 more minutes.

All brands and all types of beans demonstrated significant reductions in sodium after both draining and draining followed by rinsing. Overall, the draining treatment reduced sodium by 36%, from 503 mg/serving (21% Daily Value) to 321 mg/serving (13% Daily Value). **Draining followed by rinsing reduced sodium by 41%**, from 503 mg/serving (21% Daily Value) to 295 mg/serving (12% Daily Value).

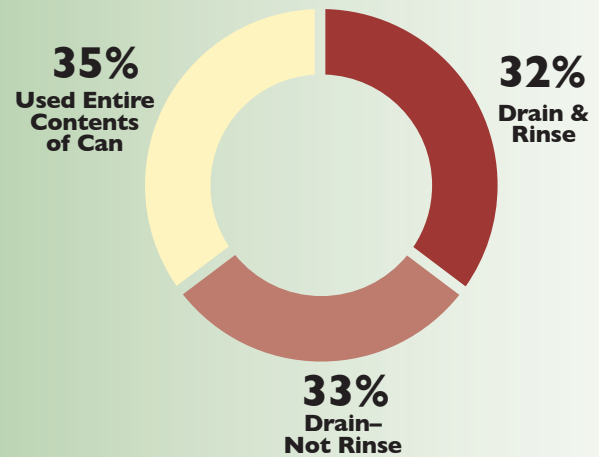
Sodium Content by Preparation Method¹



Draining and Rinsing Canned Beans: A Common Practice

According to a recent online survey, draining and rinsing canned beans is a widely practiced food preparation technique.² 65% of respondents reported that they drain, or drain and rinse, canned beans prior to using them. In effect, the large majority of canned bean users are reducing the sodium content of canned beans by utilizing this widely practiced technique, regardless of whether or not that was their intent.

Consumers Typically Drain & Rinse Canned Beans²



Tips for Enjoying Nutrient-Rich Canned Beans

Help clients manage their sodium intake while enjoying more nutrient-rich and convenient vegetables, such as canned beans.

- Add veggies, such as canned beans, mushrooms, spinach and tomatoes, to scrambled eggs or an omelet. Enjoy a breakfast burrito with eggs, cheese, and canned beans.
- Stir canned beans into soups, stews, and chili.
- Add canned beans to a jar of salsa—then serve with chips or use it as a topping for baked potatoes.
- Toss your favorite variety of canned beans in a mixed green or pasta salad. Try a Cobb salad topped with canned black beans, chopped tomatoes, diced avocado, and sweet corn.
- Blend canned beans, such as garbanzo beans, to make hummus or another tasty spread for sandwiches and wraps. Or use it as a dip with raw veggies and crackers.

For more recipe ideas, visit www.VegetableWithMore.com.



1. Jones JB, Mount JR. Sodium Reduction in Canned Bean Varieties by Draining and Rinsing. 2009; Institute of Food Technologists Conference Poster. Anaheim, California.

2. Synovate, eNation, 2009. Online survey conducted among 921 adult canned bean purchasers living in the contiguous United States.