Beans and Peas (Legumes)

**Health Benefits**
- Blood Pressure Control
- Cancer Risk Reduction
- Energy Production
- Heart Disease Risk Reduction
- Improves Digestion
- Weight Management

**Nutrients**
- Fiber
- Folate
- Iron
- Phosphorus
- Potassium
- Protein
- Unsaturated Fats
- Zinc

**Food Sources**
- Split Peas
- Lentils
- Pinto Beans
- Chickpeas
- Black Beans
- Navy Beans
- Kidney Beans
- Edamame

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For more information and the nondiscrimination statement in other languages: https://www.fns.usda.gov/vi/file/nd discriminate/stmt.htm

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