

Beans – Quick Tips for CPAs

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Beans

Beans are:

- A great protein source that can be used in place of meat.
- Low in saturated fat and total fat.
- A good source of fiber.
- Convenient and easy to use in canned form. Canned beans are presoaked and precooked. No preparation necessary!
- A great alternative to buying peanut butter every month. We often hear “I have a cupboard full of peanut butter” from participants.

To reduce concerns about gas, suggest:

- Gradually add beans to the diet over a period of a month. Eating beans on a more regular basis can reduce the problem with gas.
- Discard the liquid in canned beans and rinse the beans before using.
- Chew beans well to help digest them.

Guide participants in determining ways to use beans:

- What type of bean dishes does the participant like? Refried beans? Chili? Baked beans?
- Offer a simple, quick recipe. Using beans in place of convenience foods (such as canned chili and dips) can be a lot healthier with less sodium and fat.

Quick suggestions for using beans:

- Mix leftover brown rice with black beans and salsa. Top with reduced fat cheddar cheese. Heat in the microwave until cheese is melted.
- Add garbanzo beans to a green, leafy salad.
- Make a wrap with beans and a variety of fresh, cut-up vegetables. Add cheese or prepared salad dressing as desired.
- Add variety to your chili by using pinto beans in place of kidney beans.

- Make an easy bean dip. Mash 3 cups of white or pinto beans. Add a package of taco seasoning mix.
- Replace half, or all, of the ground beef in lasagna, tator tot hot dish and other casseroles with black beans.
- For more bean recipes, check out [WIC Bean Recipes](#).
- Assist participants in finding beans; check the WIC UPC listing to find specific brands of WIC-allowed beans at [UPC Codes – MN WIC APL](#).
- Become familiar with where the WIC-allowed brands are located in your local stores. Some larger stores also carry these brands in the “ethnic” food section.
- Find WIC-allowed beans available at local stores and bring cans to clinic to show participants. Seeing visuals can be helpful for participants.

Bean Arithmetic:

- 1 pound (16 ounces) dry beans = 2 cups of dry beans or 6 cups of cooked beans.
- 1 pound of dry beans cooked = 3 cans (15-16 ounces each) of beans
- 1 can (15-16 ounces) of beans = 1 2/3 cups of cooked beans

Reference – Complete Listing of Hyperlinks

[WIC Bean Recipes](https://www.health.state.mn.us/people/wic/recipes/beans.html) (https://www.health.state.mn.us/people/wic/recipes/beans.html)

[UPC Codes – MN WIC APL](#)

(https://www.health.state.mn.us/people/wic/vendor/fpchng/upc/index.html)

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.