

# Healthy Eating Plate

## The Ontario/Canada grown version

### Vegetables & Fruit

- ⇒ An abundance of fruit & vegetables are grown in Canada so it's easy to fill half your plate.
- ⇒ Lots of vegetables and fruit also make great snacks.



**Vegetables & Fruits**



### Healthy Fats & Oils

- ⇒ Use small amounts of healthy oils such as Canola or Flaxseed oil for cooking or to make your own salad dressings
- ⇒ Nuts and seeds also contain healthy fats - include small amounts most days



### Beverages

- ⇒ Drink mainly water
- ⇒ Include milk or soy beverage daily
- ⇒ Other low sugar milk alternatives such as almond or hemp beverages may also be enjoyed, however, they are low in protein and not suitable substitutes for milk or soy beverages



### Protein

- ⇒ Canada is rich in protein sources that fit within any dietary preference
- ⇒ Meat, fish, seafood
- ⇒ Eggs and dairy products, soy products and, of course, beans.



**Protein**

### Whole Grains & Starchy Carbs



### Whole Grains & Starchy Carbs

- Choose whole, unprocessed foods including:
- ⇒ Oats, barley
- ⇒ Whole grain bread, pasta, crackers
- ⇒ Other unprocessed starches such as beans, potatoes and corn



**SUMMERVILLE**  
Family Health Team

Brought to you by the Ontario Bean Growers and the Summerville Family Health Team

High in fibre  
Low in fat  
Good source of protein  
Low Glycemic Index

#### Eating beans can:

- ◆ Lower cholesterol
- ◆ Reduce blood pressure
- ◆ Help with weight management and blood sugar control

For recipes and more information visit [betterwithbeans.ca](http://betterwithbeans.ca)



@ontariobeans

## Dry Beans

### Soaking

- ◆ Remove any shriveled or broke beans.
- ◆ Rinse the beans under cold running water.
  - ◆ Soak your beans.

**Overnight Soak** – Add 3 cups (750 mL) cool water for every 1 cup (250 mL) dry beans making sure beans are covered completely. Soak for 8-24 hours. Drain soaking liquid and rinse beans with cool water.

**Quick Soak** – Place 1 cup (250 mL) of beans in a large pot with 3 cups (750 mL) of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking liquid and rinse beans in cool water.

### Cooking

To cook soaked beans, use 3 cups (750 mL) water for everyone 1 cup (250 mL) of soaked beans. Then follow one of these methods.

**Conventional Cooking:** In a large saucepan, combine soaked beans and water. Cover and bring to a full boil. Reduce heat and simmer until fork tender, about 45 to 60 minutes.

**Microwave Cooking:** In a 4 qt. (4L) microwaveable casserole dish combine 3 cups (750 mL) of water and 1 cup (250 mL) of soaked beans. Cover and microwave at high (100%) power 10 to 15 minutes or until boiling. Stir and microwave at medium (50%) power for 25 to 35 minutes, stirring every 15 minutes or until fork tender.

### Cooking Tips

- ◆ 1 cup dry = 2.5 cups cooked
- ◆ Use unsalted water – salt toughens beans during cooking
- ◆ Lemon, vinegar and other acidic ingredients slow the cooking process. Add them once the beans are tender.
- ◆ Using baking soda to aid cooking beans is not recommended unless you have hard water. If you need to add baking soda, limit the amount to 1/8 tsp per 2 cups (0.5 mL per 500 mL) water.
- ◆ Bean cooking time varies by type. When a bean is fully cooked, the skin is still intact but the bean easily be smashed between two fingers.
- ◆ Pre-soak beans then boil for 10-12 minutes in fresh water before adding to your slow cooker.
- ◆ During hot weather, soak beans in the refrigerator to prevent fermentation.

### Storing Cooked Beans

Cooked beans store well for 1 to 3 days in the refrigerator in airtight containers. Freezing cooked beans is a great time saver and they keep for up to 6 months.

### To Freeze

- ◆ Drain cooked beans then let cool;
- ◆ Lightly pat dry to remove some surface moisture;
- ◆ Measure out into 1 or 2 cup (250 or 500 mL) portions into airtight containers or lay flat in plastic freezer bags.

## Canned Beans

Canned beans are nutritional powerhouses. They are high in fibre, low in fat and are a good source of protein. Eating beans can lower blood cholesterol, help with weight management and blood sugar control.

Don't count beans out because they are canned.

You can continue to get the great taste, convenience and nutritional benefits of canned beans by following a common food preparation practice: draining and rinsing. This simple step reduces the sodium content of canned beans by more than 40%.<sup>1</sup> You can also purchase no-salt-added canned beans.



Open a can of beans, pour the contents into a colander and drain for two minutes.



Rinse the beans under taps water for at least 10 seconds.



Allow beans to drain for two more minutes.

Nutrition Facts	
Valeur nutritive	
Serving Size 1/2 Cup, 125 mL (90 g)	
Portion (90 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 0.5 g	1 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 4 mg	1 %
<b>Carbohydrate / Glucides</b> 24 g	8 %
Fibre / Fibres 10 g	40 %
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 8 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %

Blend of Boiled Beans, from dry seed (Average data for Navy, Kidney, Black and Great Northern)  
Data Source: Silliker Analysis conducted on Canadian Beans (2015)

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