



BEANS, PEAS & LENTILS EXCHANGE

Beans, Peas & Lentils

1 choice = 1 starch (15 grams of carbohydrate) + 1 lean meat

Baked beans	1/3 cup	Lentils, cooked (brown, green, yellow)	1/2 cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup	Peas, cooked (black-eyed, split)	1/2 cup
Beans, dry	1/4 cup	Refried beans, canned	1/2 cup

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Baked Beans

Saturated fat-free - Under 400 mg sodium

Heinz

- Baked Beans with Tomato Sauce (95/15) ----- 1/2 cup

Van Camps

- Pork & Beans in Tomato Sauce (130/25) ----- 1/2 cup



Beans, cooked

Saturated fat-free - Under 150 mg sodium

Black

- Good & Gather Low Sodium (110/20) ----- 1/2 cup

- Goya Low Sodium (100/18) ----- 1/2 cup

- Hanover Reduced Sodium (130/24) ----- 1/2 cup

- H-E-B No Salt Added (110/21) ----- 1/2 cup

Cannellini (or White)

- Westbrae Great Northern No Salt (100/20) --- 1/2 cup

- S&W Low Sodium (110/20) ----- 1/2 cup

- Bush's Best Reduced Sodium (110/20) ----- 1/2 cup



Beans, cooked (cont.)

Saturated fat-free - Under 150 mg sodium

Garbanzo (or Chickpeas)

- Bush's Low Sodium (130/22) ----- 1/2 cup
- Goya Chickpeas Low Sodium (110/19) ----- 1/2 cup
- Goya Organic Chickpeas Low Sodium (110/19) ----- 1/2 cup
- Hanover Organic Low Sodium (110/20) ----- 1/2 cup

Great Northern (or Navy)

- Good & Gather Organic Low Sodium (110/20) ----- 1/2 cup
- Westbrae Organic No Salt Added (100/19) --- 1/2 cup

Kidney

- Bush's Reduced Sodium Dark Red (120/23) --- 1/2 cup
- Goya Low Sodium (110/21) ----- 1/2 cup
- Kroger No Salt Added Dark Red (110/19) ----- 1/2 cup
- Westbrae Organic No Salt Added (110/20) --- 1/2 cup

Pinto

- Great Value No Salt Added (110/20) ----- 1/2 cup
- Goya Prime Premium Low Sodium (110/20) ----- 1/2 cup
- H-E-B No Salt Added (100/19) ----- 1/2 cup
- Westbrae (100/18) ----- 1/2 cup



Edamame, fresh

Saturated fat-free - Under 100 mg sodium

Bird's Eye - Steamfresh

- Edamame in the Pod (150/9) ----- 3/4 cup

Pictsweet Farms

- Steam'ables Shelled (90/10) ----- 1/2 cup

Seapoint Farms

- Shelled Soybeans (90/10) ----- 1/2 cup



Edamame, roasted

Saturated fat-free - Under 100 mg sodium

Seapoint Farms

- Dry Roasted Sea Salt Edamame (130/9) ----- 1/3 cup

The Only Bean

- Crunchy Roasted Edamame (114/7) ----- 1/3 cup

Zest Delites

- Edamame Beans Snack (110/8) ----- 1 package



Hummus

No more than 1 g saturated fat

Good & Gather

- Brownie Batter Dessert Hummus (80/8) ----- 2 Tbsp

HEB

- Chocolate Dessert Hummus (80/11) ----- 2 Tbsp

- Chocolate Hummus Snack Pack (75/11) ----- 1/2 pack

- Deli Traditional Hummus (60/5) ----- 2 Tbsp

Kroger

- Roasted Red Pepper (60/5) ----- 2 Tbsp

Sabra

- Classic Hummus (70/5) ----- 2 Tbsp

- Roasted Pine Nut (80/5) ----- 2 Tbsp



Lentils, cooked

Great Value

Organic Lentils (110/21) ----- 1/2 cup

Westbrae

- Natural Organic No Salt Added (70/12) ----- 1/2 cup

- Natural Organic No Salt Added ----- 1/2 cup

Black (70/13)



Portion Size



1/2 cup beans
1 serving, cooked

=



about the size
of a lightbulb

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Peas, cooked

- Birds Eye**
- Steamfresh Sweet Peas (70/13) ----- 2/3 cup
- Del Monte**
- Sweet Peas No Salt Added (80/15) ----- 1/2 cup
- Great Value**
- Organic Sweet Peas No Salt Added (50/10) --- 1/2 cup
- H-E-B**
- Sweet Peas No Salt Added (60/10) ----- 1/2 cup
- Kroger - Garden Variety**
- Canned Sweet Peas No Salt Added (50/10) ---- 1/2 cup



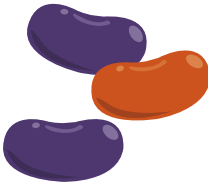
Refried Beans, cooked

Saturated fat-free - Under 300 mg sodium

- Amy's**
- Light in Sodium Refried (160/24) ----- 1/2 cup
- Goya**
- Refried Pinto Reduced Sodium (130/23) ----- 1/2 cup
- Santa Fe Bean Company**
- Instant Vegetarian Refined Beans (128/24) ---- 1/2 cup



What can you do with a can of beans?



Legumes (beans, peas and lentils) are plant-based proteins that serve as an important part of any diet. Legumes are enjoyed as part of local cuisine all around the world.

Click the link to find 21 unique budget-friendly recipes, all beginning with a can of beans. Also note, dried beans are naturally salt free and contain less than 10 mg/serving.

Source: [21 Meals that Start with A Can of Beans](#)