



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 300 mg sodium

Van Camps

- Pork & Beans in Tomato Sauce (70/19) ----- 1/3 cup



Beans, cooked

Saturated fat-free - Under 150 mg sodium

Black

- Bush's Reduced Sodium (105/23) ----- 1/2 cup
- Goya Low Sodium (100/18) ----- 1/2 cup
- Westbrae Vegetarian Black (100/19) ----- 1/2 cup

Cannellini (or White)

- Bob's Red Mill (150/26) ----- 1/2 cup

Garbanzo (or Chickpeas)

- Goya Chickpeas Low Sodium (100/20) ----- 1/2 cup
- Goya Organic Chickpeas (110/19) ----- 1/2 cup
- Westbrae Chickpeas (110/18) ----- 1/2 cup

Great Northern (or Navy)

- Westbrae (100/19) ----- 1/2 cup



Beans, cooked (cntd.)

Saturated fat-free - Under 150 mg sodium

Kidney

- Goya Low Sodium (110/19) ----- 1/2 cup
- Westbrae (100/18) ----- 1/2 cup

Pinto

- Bush's Reduced Sodium (80/18) ----- 1/2 cup
- Westbrae (100/19) ----- 1/2 cup



Peas, cooked

Green Giant

- 50% Less Sodium Peas (50/10) ----- 1/2 cup

Birds Eye

- Steamfresh Sweet Peas (50/10) ----- 1/2 cup



Lentils, cooked

Goya

- Lentils (70/19) ----- 1/2 cup



Portion Size



1/2 cup beans
1 serving, cooked

about the size
of a lightbulb

Refried Beans, canned

Saturated fat-free - Under 300 mg sodium

Casa Fiesta

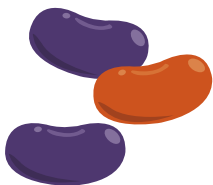
- Refried Black Beans (75/13) ----- 1/4 cup
- No Fat Refried Beans (75/13) ----- 1/4 cup

Goya

- Refried Black Low Sodium (110/17) ----- 1/4 cup
- Refried Pinto Low Sodium (85/15) ----- 1/4 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](#)