



# BEANS, PEAS, AND LENTILS EXCHANGE

Serving Size

Fork Friendly Selections (Cal/g carb)

## Baked Beans

Saturated fat-free  
Under 300 mg sodium

Baked Beans --- 1/3 cup

### Van Camps

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



## Beans, cooked

Saturated fat-free  
Under 150 mg sodium

- Black
- Garbanzo
- Kidney
- Lima
- Navy
- Pinto
- White

ALL BEANS  
1/4 cup dry  
and 1/2 cup  
prepared

### Black

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



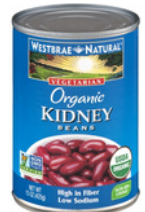
### Cannellini (or White)

- Bob's Red Mill (150/26)
- Goya Chickpeas Low Sodium (100/20)
- Goya Organic Chickpeas (110/19)
- Westbrae Chickpeas (110/18)



### Great Northern (or Navy)

- Westbrae (100/19)



### Kidney

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



### Pinto

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

## Portion Size



1/2 cup beans  
1 serving, cooked



about the size  
of a lightbulb

**Serving Size**

**Fork Friendly Selections (Cal/g carb)**

**Peas, cooked**

Black-eyed, ----- 1/2 cup  
 cooked  
 Split, cooked ----- 1/2 cup

**Green Giant**  
 - 50% Less Sodium Peas (50/10)  
**Birds Eye**  
 - Steamfresh Sweet Peas (50/10)



**Lentils**

Lentils, cooked --- 1/2 cup  
 (brown, green,  
 yellow)

**Goya**  
 - Lentils (70/19)



**Refried Beans, canned**

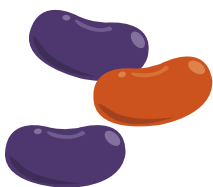
Saturated fat-free and under 300 mg sodium

Refried beans ----- 1/3 cup

**Casa Fiesta**  
 - Refried Black Beans (73/13)  
 - No Fat Refried Beans (73/13)  
**Goya**  
 - Refried Black Low Sodium (107/17)  
 - Refried Pinto Low Sodium (85/15)



**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](#)**