

Eat More Arizona Grown Beans

Nutrients Found in Beans

Phosphorus	Plays a role in bone health
Iron	Helps give you energy to feel good and stay healthy
Fiber	Helps keep your heart healthy and improves digestion



BEANS



HEALTHY HARVEST FOR ARIZONA SCHOOLS

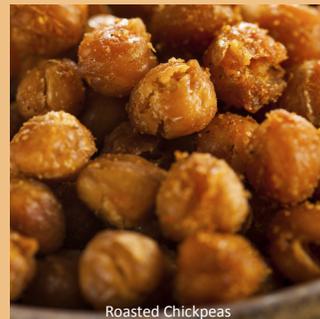
Make half your plate vegetables and fruits.



Most recently, dry edible beans were harvested from 13,009 acres in Arizona. That's over 24 million pounds of beans!



Choose cans of beans that are free of damage like dent or broken seals



Roasted Chickpeas

Arizona Grown vegetables and fruits taste best and cost less when purchased in season.