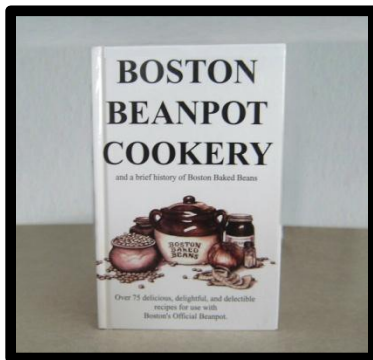


EAT MORE BEANS!!! – EAT MORE BEANS!!!

Mayo Clinic© Health Letter

Mayo Foundation for Medical Education and Research
200 First Street SW, Rochester, Minnesota 55905

Just you please
take a minute
to digest what
the world
famous Mayo
Clinic has to say
about the
importance of
including beans
in your regular
diet. You'll
experience
more energy
and a healthier
life style.



Our best selling cookbook!

Beans

Make them diet regulars

How do you like your Beans? Slow cooked as baked beans maybe in a hearty white bean chili, or perhaps in a black bean salsa?

There are many bean varieties. Whether they're the main entrée or a side dish, beans are increasingly being recognized not only for their nutritional value – they're high in fiber and protein, contain no cholesterol and are typically low in fat, but also for their flavor.

What's in a bean?

Beans – which are a type of legume – are edible seeds of pods that grow on vines or bushes. Green beans are legumes, but unlike other beans their seeds are immature, and are eaten with their pods. In addition to being high in protein, beans are a good source of folate, potassium, iron, phosphorus, and magnesium. Beans also contain naturally occurring compounds – called phytochemicals. This nutritional makeup explains why beans may help prevent chronic diseases such as cancer, diabetes, and cardiovascular disease.

Except for soybeans, legumes aren't complete proteins like meat. However, that's easily remedied by serving beans with some sort of grain food. Grains coupled with beans are a complete protein source. For example, serve your white bean chili with corn bread, or mix black beans with rice. Substituting meats for beans means you're choosing a low-fat protein source.

As a plant based food, beans are famous for their high fiber content. A diet high in fiber promotes digestive health, and can reduce the risk of heart disease.



Buy a bag of our delicious
baking beans today!



The 2 ½ quart bean pot is our
most popular selling size!



Pot Shop founder Vincent F.
Zarrilli presents Boston Mayor
Kevin White an official Boston
Baked Bean Pot in 1968.

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