



We are Humane World for Animals, formerly called the Humane Society of the United States

## Fact Sheet: The Bean Brief

### Health benefits

- Beans are high in fiber, plant protein, vitamins and minerals, are low in fat, and cholesterol-free. [\[heart.org\]](http://heart.org)
- Diets rich in beans and legumes are linked to lower rates of heart disease, stroke, diabetes and high blood pressure. [\[pmc.ncbi.nlm.nih.gov\]](http://pmc.ncbi.nlm.nih.gov)
- Clinical research shows beans can lower LDL (“bad”) cholesterol, improve blood sugar control and reduce blood pressure. [\[health.harvard.edu\]](http://health.harvard.edu)
- Eating beans regularly can reduce inflammation and support gut health. [\[businessinsider.com\]](http://businessinsider.com)

### Affordability

- Beans are one of the most affordable sources of protein in the grocery store with dried beans costing as little as 10 to 20 cents per serving, compared to 80 cents to over \$2 per serving for meat. [\[vrg.org\]](http://vrg.org)
- Even canned beans remain less expensive than animal protein. [\[vrg.org\]](http://vrg.org)
- A pound of dried beans yields multiple meals, stretching food budgets further.
- Beans deliver protein, fiber and nutrients at a fraction of the cost of meat. [\[afrovegansociety.org\]](http://afrovegansociety.org)

### Environmental impact

- Beans are a climate-friendly protein choice. Focusing on eating beans instead of meat just one day a week is one of the easiest ways to shrink your carbon footprint.
- Animal-based proteins have a bigger footprint than most plant-based foods like beans. For example, chicken generates roughly 3 to 4 times more greenhouse gas emissions per gram of protein than beans. [\[https://ourworldindata.org/food-choice-vs-eating-local\]](https://ourworldindata.org/food-choice-vs-eating-local)
- Beef production generates roughly 40 times more emissions than bean production.
- Beans also require less land and water, making them a more sustainable food choice. [\[veganpots.com\]](http://veganpots.com)

### Animal welfare benefits

- Shifting toward plant-based foods like beans reduces the need for keeping and killing animals for food.
- Choosing beans is a simple way to reduce reliance on industrial animal agriculture and gives people an easy way to make a more compassionate food choice—without giving up the meals they love.
- Reducing meat consumption helps lower demand for animal agriculture, which is associated with animal welfare concerns and large-scale industrial farming. [\[wri.org\]](http://wri.org)