



Your brain on beans

Cheap and widely available, beans don't always get the respect they deserve. But with growing awareness of the link between food and disease prevention, the humble bean is finally getting its due.

Rich in fiber, antioxidants, and essential vitamins and minerals, beans are praised by health organizations around the world. The American Diabetes Association calls them "plant-based protein superstars."

See how your bean knowledge stacks up with the answers below.

- Beans are the seeds of certain plants in the legume family. Which of the following foods are also classified as legumes?
 - Lentils
 - Peas
 - Peanuts
 - All of the above
- Which U.S. city earned the nickname Beantown for its popular dish of baked beans cooked in molasses?
 - Atlanta
 - Boston
 - New York
 - Omaha
- Which of the following is not found in beans?
 - Potassium
 - Folate
 - Cholesterol
 - Iron
- Which legume is the star ingredient of hummus, a staple of Middle Eastern cuisine?
 - Chickpeas (also known as garbanzo beans)
 - Fava beans
 - Lentils
 - Soybeans
- Which of these beans, popular in Latin American cuisine, are sometimes called turtle beans?
 - Black
 - Great northern
 - Kidney
 - Navy
- What nutrient in beans supports healthy digestion and is linked to a reduced risk of colon cancer?
 - Calcium
 - Fiber
 - Omega-3 fatty acids
 - Vitamin C
- This fermented bean cake, commonly made with soybeans, is a staple of Indonesian cuisine and contains about 18 grams of protein per 3-ounce serving.
 - Edamame
 - Tempeh
 - Textured vegetable protein
 - Tofu
- What makes beans an eco-friendly protein source?
 - They require much less water and land compared to animal agriculture.
 - They add nitrogen back to the soil, reducing the need for chemical fertilizers.
 - They don't produce harmful byproducts such as methane and other greenhouse gases.
 - All of the above
- Which small red bean is often used in Asian desserts?
 - Adzuki
 - Anasazi
 - Pinto
 - Flageolet
- In the Southern U.S., this legume is eaten on New Year's Day for good luck.
 - Green beans
 - Lentils
 - Black-eyed peas
 - Snow peas

Learn about our Beansday campaign

Visit humaneworld.org/allaboutbeans for easy ways you can replace meat with beans one day a week.

