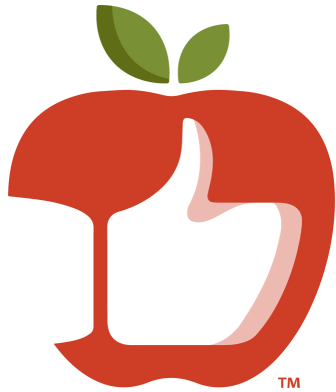


Canned Beans

CREATE
HEALTHY CHOICES



- Beans are a heart healthy food that may help reduce LDL (bad) cholesterol levels.
- Beans are a great source of protein, folate, iron, and fiber.
- Save money by using half the meat in a recipe and make up the difference with beans. This works well in tacos, burritos, soups, salads, and casseroles.

CREATE SNAP-ED
BETTER HEALTH

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