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New Cancer Guidelines Tout Health Benefits of Beans *Reinforcement of Beans as 'The Vegetable With More'TM*

KNOXVILLE, TENN., October 2, 2006 – The release of the new Nutrition and Physical Activity Guidelines, published Thursday by the American Cancer Society (ACS), reinforces beans' role in disease prevention.¹

The ACS Guidelines provide dietary and physical activity recommendations for Americans wanting to make healthy decisions regarding cancer prevention. Several of its key recommendations can be fulfilled by eating a diet rich in beans, including:

- Consume more fruits and vegetables. The new Guidelines note that the totality of the evidence remains strong for cancer risk reduction associated with vegetable and fruit consumption. ACS includes beans in the vegetables food group. The Guidelines recommend that Americans eat five or more servings of fruit and vegetables (including beans), each day.
- Consume high-fiber foods, like beans. The report notes that consumption of high fiber foods is associated with a lower risk of several chronic diseases, including diabetes, cardiovascular disease, and diverticulitis. Beans are an excellent source of fiber with at least five grams per one-half cup serving.
- Limit the consumption of red and processed meat in favor of other high-protein foods. The report notes that "legumes are especially rich in nutrients that may protect against cancer and can be a healthier source of protein than red meats." Legumes is the technical name for the family of plants that includes beans, among others.
- Maintain a healthy weight. The report discusses the association between weight and cancer and notes that vegetables and fruit, in addition to providing nutrients that may be beneficial to reducing cancer risk, may also contribute to weight maintenance. A recent analysis of the National Health and Nutrition Examination Survey (NHANES) found that people who eat beans weigh less than those who don't.² The ACS Guidelines

Sources:

¹ The American Cancer Society 2006 Nutrition and Physical Activity Guidelines Advisory Committee. *American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention*. CA Cancer J Clin 2006; 56:254-281.

² "Bean Consumption by Adults is Associated with a More Nutrient Dense Diet and a Reduced Risk of Obesity" and "Bean Consumption is Associated with Better Nutrient Intake and Lower

recommend limiting the intake of foods and beverages high in calories, fat and refined sugar, and replacing those foods with choices like beans.

“The ACS Guidelines reinforce that a diet including beans may reduce your risk of certain cancers”, says Dr. Stacy Zawel, executive director of the Beans for Health Alliance. “That is not surprising since beans are the only vegetable that is a good source of both protein and fiber. And they offer another key benefit: They taste great! Beans are truly the vegetable with more.”

Incorporating beans into a diet is as easy as opening a can and topping a salad with kidney beans, adding pinto beans to any store-bought soup, or mixing black beans into your favorite salsa. For more simple and delicious bean recipes and serving ideas, visit www.bushbeans.com.

Bush's® is America's favorite brand of beans, with one-third of all canned beans sold bearing the Bush's name. Known for their Secret Family Recipe Baked Beans, Bush's also offers more than 20 varieties of other beans including kidney, chili, pinto, black and garbanzo beans.

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