



BEANS * GREENS * GLUTEN-FREE GRAINS

BEANS

- Legumes are a class of vegetable that includes beans, peas, lentils and peanuts
- Economical source of plant based protein
- Low glycemic to help maintain blood glucose
- Good source of vitamins (B's, iron, zinc, calcium and magnesium)
- Abundant source of fiber and protein
- Help with weight management and disease protection (fill you up and isoflavones)
- Let beans cook in cooking water

GREENS

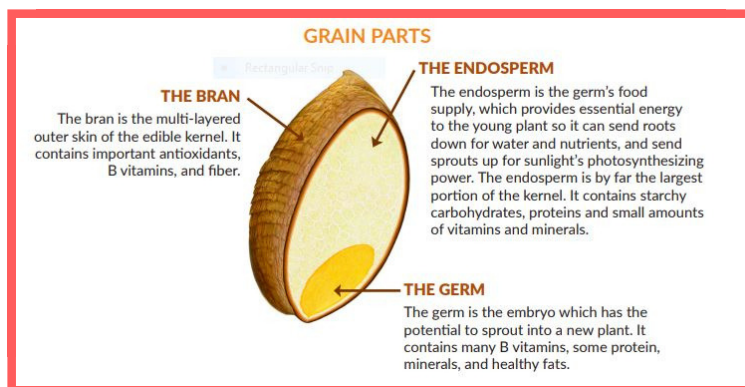
- Dark green leafy greens supply a significant amount of vitamins rich in A,C,E,K & B.
- Rich in calcium, potassium, iron and inc.
- Greens contain high contents of antioxidants which have been shown to reduce some cancer risks (stomach, breast & skin) and decrease the risk of heart disease
- They are low in calorie and carbohydrate content and are low glycemic which is good for weight control
- Fresh herbs provide nutrients as well
- Microgreens are young vegetables and contain 40x high levels of nutrients

GLUTEN-FREE GRAINS

- A whole grain is seed of the plant and contains bran, germ and endosperm in the same proportions as when in the fields
- Refined or enriched grains is a term used when a grain is not whole or missing parts
- Milling technology removes bran and germ from the endosperm which caused nutritional problems. Enriching puts nutrients back into the grain.

GRAINS TO AVOID

Wheat	Barley
Couscous	Barley
Duram	Barley Flour
Einkorn	Barley Peel
Emmer	Bulgar
Farina	Beer*
Farro	Brewer's Yeast
Freekeh	Malt*
Graham Flour	Malt Vinegar
Kamut	Malted Milk
Kernza	
Matza/Matzoh	
Seitan	
Semolina	
Spelt	
Triticale	
Wheat Bran	
Wheat Germ	
Wheat Starch	
Wheat Protein	
	Oats
	Look for certified Gluten-Free Oats Not all Celiacs can tolerate Oats
	Rye
	Rye Rye Flour



References: "What's a Whole Grain? A Refined Grain?" What's a Whole Grain? A Refined Grain? | The Whole Grains Council, wholegrainscouncil.org/whole-grains-101/whats-whole-grain-refined-grain. "Resources." Oldways, oldwayspt.org/resources. Taub-Dix, Bonnie. "11 Health Benefits Of Beans." The Huffington Post, TheHuffingtonPost.com, 20 Aug. 2012, www.huffingtonpost.com/2012/08/16/beans-health-benefits_n_1792504.html.