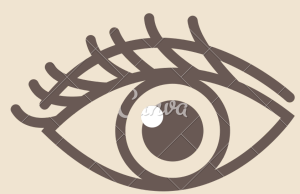


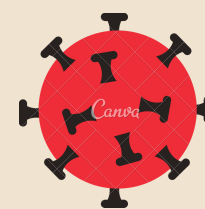
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HEALTH BENEFITS OF BEANS

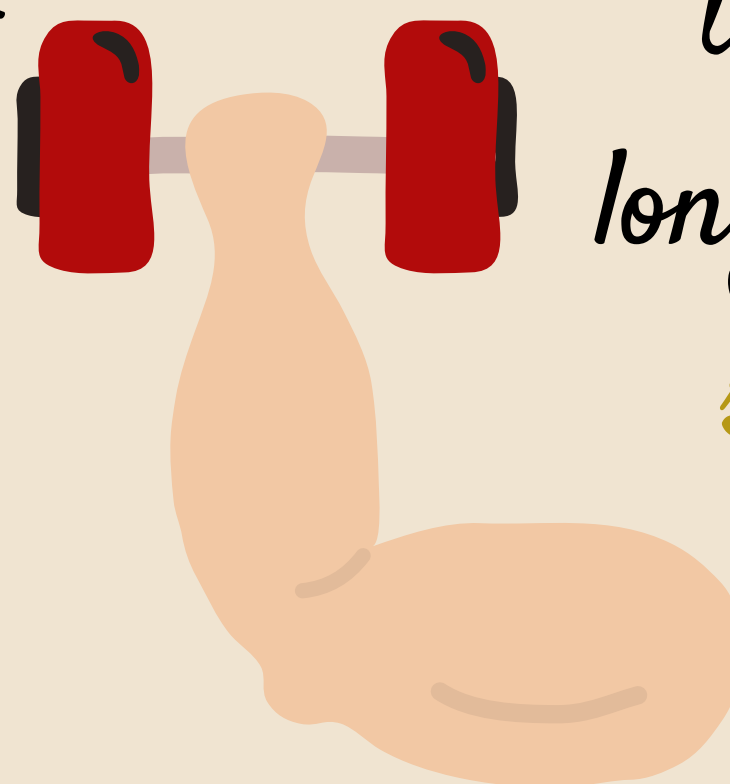
Beans have **powerful** properties that promote your **eyesight** and **vision**.



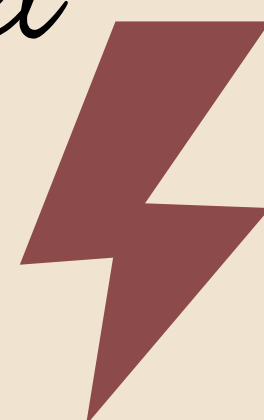
Beans keep **disease** **away** using their high **antioxidant** and **vitamin C** content.



Beans contain a large amount of **protein** that helps with building your **muscles**.



Beans are digested slowly to help you **feel fuller** longer and have plenty of **steady energy** to get through the day.



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FASCINATING BEANS FUN FACTS

BEAN BAGS



BEANS CAN BE MADE INTO BURGERS, CAKES, DRINKS, PIES, FUDGE, MUFFINS, JEWELRY, FURNITURE, TOYS, AND MUSICAL INSTRUMENTS.



ONE OF THE MOST USEFUL BEANS IS THE SOYBEAN. MANY CHEMICAL PRODUCTS, INCLUDING PAINT, ARE MADE FROM THEM. THEY ARE USED TO MAKE SOY MILK, SOY SAUCE, AND TOFU AS WELL.



THE TOP FIVE BEANS GROWN IN THE UNITED STATES ARE PINTO BEANS, NAVY BEANS, BLACK BEANS, RED KIDNEY BEANS AND GREAT NORTHERN BEANS.

