

Enjoying Nutrient-Rich Canned Beans WITH LESS SODIUM

Draining and rinsing canned beans:

An Easy Way to Reduce Sodium

Consumers on low sodium diets are frequently counseled to avoid canned foods, including beans, due to their sodium content. Another option is to purchase reduced sodium food products, but these can often be difficult to find.

Recent research shows that consumers can continue to get the great taste, convenience and nutritional benefits of canned beans by following a common food preparation practice: draining and rinsing. By communicating this practical approach, health professionals can ensure that consumers are reducing their sodium intake, while still enjoying the many benefits of canned beans.

Reduce the sodium in canned beans in three easy steps:



- 1** Open a can of beans, pour the contents into a colander and drain for two minutes.



- 2** Rinse the beans under tap water for at least 10 seconds.



- 3** Allow beans to drain for two more minutes.

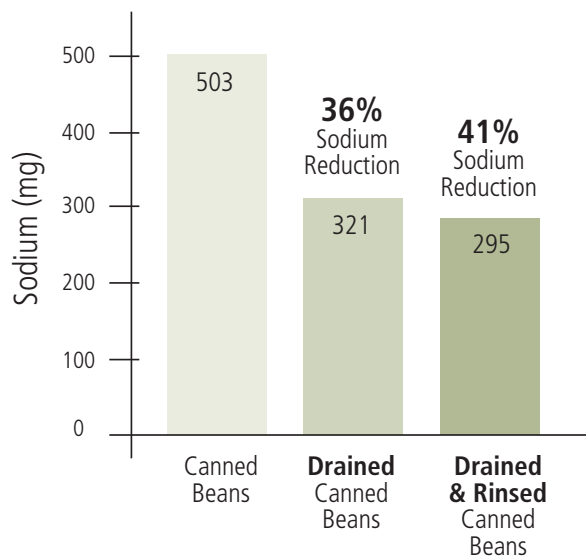
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The Evidence

Researchers from a U.S. university recently studied the effect of draining and rinsing canned beans on their sodium content.¹ The average sodium content per serving of multiple brands of five types of popular canned beans (red kidney, garbanzo, pinto, black, and Great Northern) were measured three times: in their packing liquid, after draining the packing liquid for two minutes, and after rinsing the drained beans with tap water for 10 seconds and then draining for two more minutes.

All brands and all types of beans demonstrated significant reductions in sodium after both draining and draining followed by rinsing. Overall, the draining treatment reduced sodium by 36%, from 503 mg/serving (21% Daily Value) to 321 mg/serving (13% Daily Value).² Draining followed by rinsing reduced sodium by 41%, from 503 mg/serving (21% Daily Value) to 295 mg/serving (12% Daily Value).

Sodium content by preparation method¹



¹ Jones JB, Mount JR. Sodium Reduction in Canned Bean Varieties by Draining and Rinsing. 2009; Institute of Food Technologists Conference Poster. Anaheim, California.

² Based on serving size of 1/2 cup beans in liquid and the sodium daily value of 2400 mg.

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TOMATO, SPINACH AND BLACK BEAN PIZZA

- 1 Italian cheese-flavored thin pizza crust
- 1 ¼ cup (300 mL) cooked **black beans**
or 1-14 oz can, rinsed and drained
- ½ tsp (2 mL) hot sauce
- 2/3 cup (150 mL) chopped onion
- 1 tsp (5 mL) cumin
- 1 tsp (5 mL) chili powder
- 1 garlic clove, minced
- ½ cup (125 mL) salsa
- 1 tomato, diced
- ½ (10 oz) package frozen chopped spinach,
thawed, drained, and squeezed dry
- ½ cup (125 mL) shredded reduced-fat sharp
cheddar cheese
- ½ cup (125 mL) shredded Monterey Jack cheese
- 2 tbsp (30 mL) chopped fresh parsley or cilantro

PREHEAT oven to 375°F.

PLACE pizza crust on a baking sheet; bake at 375°F for 5 minutes or until crisp.

MASH beans with a fork; combine beans and next five ingredients (beans through garlic) in medium bowl, stirring to combine. Spread bean mixture over crust, leaving a 1-inch border.

SPOON salsa evenly over bean mixture; top with tomato and spinach. Sprinkle with cheeses.

BAKE at 375°F for 15 minutes or until crust is lightly browned.

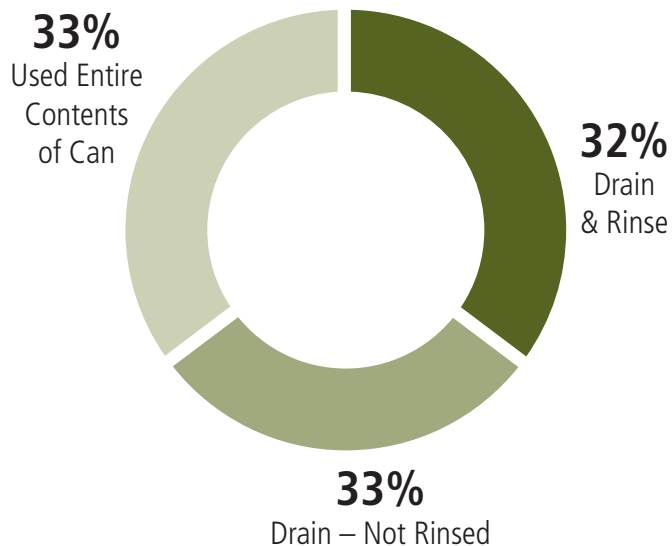
GARNISH with parsley

Makes: 4 servings (2 slices per serving)

Nutritional Information (per slice): 279 calories; 11 g fat; 15 g protein; 31 g carbohydrate; 4.3 g fibre; 32 mg cholesterol; 513 mg sodium.

Draining and rinsing canned beans:

A Common Practice³



According to a recent online survey, draining and rinsing canned beans is a widely practiced food preparation technique.³ A total of 65% of respondents reported that they drain, or drain and rinse, canned beans prior to using them. In effect, the large majority of canned bean users are reducing the sodium content of canned beans by utilizing this widely practiced technique, regardless of whether or not that was their intent.

³ Synovate, eNation, 2009. Online survey conducted among 921 adult canned bean purchasers living in the contiguous United States.



This material has been made possible through the support of Bush Brothers and Company and Agriculture and Agri-Food Canada.