

HARVEST

of the
MONTH

Black Beans

Remember to take a fruit and/or vegetable with your meals!
Try something new 😊



Black beans are very high in fiber, protein, and vitamins like vitamin A, but they also contain calcium, iron, and manganese. Black beans have high levels of flavonoids, particularly anthocyanin, which have antioxidant abilities that help keep your body healthy. Black beans also contain omega-3 fatty acid, which is considered a good form of cholesterol.