

Adding Beans and Pulses Can Lead to Improved Shortfall Nutrient Intakes and a Higher Diet Quality in American Adults

New Research to be Presented at Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo 2024

MOSCOW, ID, UNITED STATES, October 3, 2024 /EINPresswire.com/ -- New research showing the association between greater bean and pulse consumption and improved shortfall nutrient intakes and a higher diet quality in American adults will be presented during the [Academy of Nutrition and Dietetics](#) (the Academy) Food & Nutrition Conference & Expo (FNCE) 2024 in Minneapolis, MN. The poster session is scheduled for Tuesday, October 8, 2024, from 10:45 – 11:45 AM CT at the Minneapolis Convention Center.

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This research clearly shows that eating beans and pulses is good, but eating more is better. Beans and pulses are excellent sources of fiber, folate, potassium and excellent sources of plant protein.”

Study Author Yanni Papanikolaou, of Nutritional Strategies Inc.

Researchers assessed the effect of increased bean and pulse consumption, in the typical US dietary pattern, on shortfall nutrient intakes and diet quality outcomes. According to the findings, dietary patterns that are rich in beans and pulses are associated with significantly higher

diet quality scores and greater intake of shortfall nutrients, including nutrients of public health concern. Pulses are the edible seeds of plants in the legume family. Pulses grow in pods and come in a variety of shapes, sizes and colors and include beans, peas, chickpeas, and lentils. For this study, canned and dried kidney beans, black beans, chickpeas, pinto beans (beans) were included in the composite.

Impact on Shortfall Nutrients

Using data from the National Health and Nutrition Examination Survey, 2001-2018, the analyses modeled the addition of one- and two-servings of beans (as outlined above) in adults. Results show that greater consumption of beans is associated with significant increases in several shortfall nutrients, including dietary fiber, potassium, magnesium, iron, folate, and choline.

Impact on Diet Quality

Additionally, the addition of 1 and 2 servings of beans daily to the US typical dietary pattern significantly increased overall diet quality, as assessed by USDA's Healthy Eating Index-2015 (HEI-2015). In fact, HEI-2015 total scores were 15% greater with an additional serving of beans and 19% higher with 2 servings of beans, relative to the US typical dietary pattern.

In both younger and older adults, this evaluation showed that beans contributed to a substantial increase to daily dietary fiber intake.^{iv} This is critical since fewer than 1 in 10 US adults meet fiber recommendations to maintain optimal digestive health and prevent chronic diseases, including cardiovascular disease, diabetes, obesity and certain cancers. Additionally, the majority of US adults fall short on meeting potassium recommendations. According to the American Heart Association , , “foods with potassium can help control blood pressure by blunting the effects of sodium and the more potassium you eat, the more sodium you process out of the body.”

“This research clearly shows that eating beans and pulses is good, but eating more is better.,” states study author Yanni Papanikolaou, of Nutritional Strategies Inc. “Beans and pulses are excellent sources of fiber, folate and potassium and excellent sources of plant protein that also provides iron and zinc like other protein foods.” The study was funded by [Cannedbeans.org](https://cannedbeans.org) on behalf of Bush's Best and the [Coalition for the Advancement of Pulses](https://usapulses.org).

Beans and pulses remain under consumed in the United States, with greater than 80% of the population below recommendations. Consumption data show beans, peas, and legumes are consumed in relatively small amounts, at an average of 0.1 cup/day. Recent research published in April and June of 2024 shows that dietary patterns rich in canned and dried kidney beans, black beans, pinto beans and/or chickpeas are associated with significantly higher diet quality scores. , Highest diet quality scores are associated with 24% decreased risk of cardiovascular disease, 31% reduced risk for coronary heart disease, 20% lowered risk for stroke, 23% decreased risk for diabetes, and 6% reduced risk for cancer.

“This research supports the growing body of evidence that consumption of beans and pulses may have numerous nutrient and public health benefits,” said Tim McGreevy, CEO, of USA Pulses. “In fact, pulses are so nutritious that they were recently listed on DietaryGuidelines.gov

When people add up to one cup of beans* and/or chickpeas daily to their diet, diet quality improves.

Higher diet quality has been linked to:

-  **24%** ↓ decreased risk of cardiovascular disease
-  **20%** ↓ lowered risk for stroke
-  **6%** ↓ reduced risk for cancer
-  **31%** ↓ reduced risk for coronary heart disease
-  **23%** ↓ decreased risk for diabetes

CAP
The Coalition for the Advancement of Pulses

*Beans includes canned and/or dry packaged kidney beans, black beans, and/or pinto beans. Beans and chickpeas are pulses, which also include lentils and peas.
Y. Papanikolaou, V.L. Fulgoni III. Bean consumption is associated with greater nutrient intake...1999-2002. J. Am. Coll. Nutr. 27 (2008) 569-576.
Y. Papanikolaou, J. Slavin, S.J. Papanikolaou, V. L. Fulgoni, III. Adding more beans to the US typical dietary pattern...Nutrition, Volume 105, August 2024, 105002

usapulses.org/cap

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as among the highest sources of potassium, iron and fiber, three nutrients of concern, in the latest health professional resources.”

Poster Presentation Details

Title: Greater Pulse Consumption in Children is Associated with a Higher Diet Quality and Improved Shortfall Nutrient Intake

Authors: Yanni Papanikolaou, Joanne Slavin, Sophia Papanikolaou, Victor L. Fulgoni, III

Session Date and Time: Tuesday, October 8, 10:45 – 11:45 AM CT

Location: Minneapolis Convention Center, Minneapolis, Minnesota

All abstracts will be published in the Journal of the Academy of Nutrition and Dietetics September 2024 FNCE Abstract Supplement.

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ABOUT THE COALITION FOR THE ADVANCEMENT OF PULSES

The Coalition for the Advancement of Pulses (CAP) is an initiative led by the American Pulse Association (APA) with support from the USA Dry Pea and Lentil Council (USADPLC), the U.S. Dry Bean Council (USDBC), and the Pulse Foundation. The CAP coalition represents a collective of pulse crop growers, processors, manufacturers, and related organizations. CAP is committed to increasing the consumption of pulses in the United States by increasing research on the nutritional benefits of pulses and growing awareness about the many health benefits of pulse crops. For more information visit usapulses.org or contact CAP@usapulses.org

ABOUT CANNEDBEANS.ORG

Cannedbeans.org, sponsored by Bush's Best®, is a category-building marketing campaign aimed at promoting the universal health benefits of canned beans regardless of brand. Containing fiber, protein and iron, canned beans make it easy to add more plants to your diet and help people live longer, healthier lives. For more information, check out the latest tools, recipes, and resources below to learn more about the benefits of canned beans at www.cannedbeans.org.

ABOUT THE ACADEMY OF NUTRITION AND DIETETICS

Representing more than 112,000 credentialed nutrition and dietetics practitioners, the Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

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