



# GO NORTHERN

## 7 FUN FACTS ABOUT NORTHERN BEANS



### 1. PROTEIN POWERHOUSE

One cup of cooked Northern beans provides about 15 grams of protein — more than a large egg!

### 3. FIBER BOOSTERS

One cup offers ~12 grams of fiber, nearly half your daily need. Supports digestion and heart health



### 5. BUDGET FRIENDLY

One bag of dry beans = multiple meals for just a few dollars. Healthy eating doesn't have to cost more.

### 7. FLAVOR SOAKERS

Northern beans soak up flavor beautifully! Herbs, garlic, broth — they love it all.

### 2. PLANET-FRIENDLY PROTEIN

Beans use 10x less water and land than beef. A climate-smart swap.

### 4. SHELF-STABLE & MEAL-PREP PERFECT

Dry or canned, they last months. Ideal for batch cooking, emergencies, and no-waste meals.

### 6. NATURALLY FAT & CHOLESTEROL-FREE

Northern beans are heart-healthy: fat-free and contain zero cholesterol.

