TOP BEAN FACTS

BE A TOP BEAN

Asian and British Asian citizens

EAT DOUBLE

THE AMOUNT OF BEANS

as citizens indentifying as White, highlighting the need to take inspiration from other cuisines

Diets **high in legumes** – such as **beans, lentils, chickpeas, and peas**—provide a **powerful boost** of **plant-based protein, dietary fibre**, and **essential micronutrients** like **iron and B vitamins.**

A portion of beans contains **100% MORE FIBRE** than a chicken breast and **2.5 TIMES MORE FIBRE** than two slices of white bread

BEANS COST ON AVERAGE **4.5 TIMES LESS** (per 100g) than other plant-based meat alternatives

A GREAT SOURCE OF FIBRE

ON AVERAGE we eat just **ONE PORTION OF BEANS A WEEK**, and two thirds of the UK population (66%) **EAT LESS THAN ONE PORTION OF BEANS A WEEK**

The **UK GROWS** about **800,000 TONNES** of beans annually, but most of these are exported or used as animal feed. Conversely, we import **500,000 TONNES** of beans worth a potential **£586 MILLION** per year to **UK producers**

To align with the **PLANETARY HEALTH DIET UK** bean consumption would need to be **7 TIMES HIGHER**

HALF (50%) of children's bean intake comes from **BAKED BEANS**, with opportunities to **diversify the beans we're eating**

95% OF THE BEANS we buy are eaten at home, with huge potential for the **OUT OF HOME SECTOR** to get more beans on the menu

BANG IN SOME BEANS

GROW WITH US NOURISH

The Food Foundation