

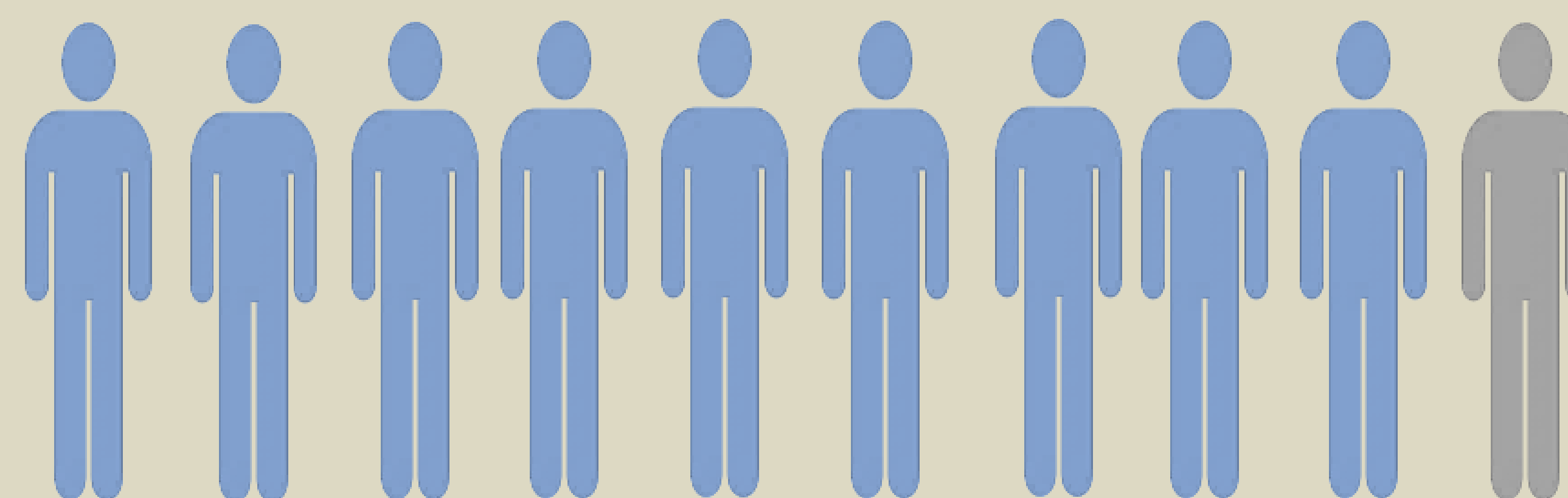
# Creating Evidence To Support a Health Claim for Beans

## Heart Disease in Canada



In Canada, someone dies from heart disease or stroke every **7 minutes**

**9 in 10** Canadians present risk factors for heart disease or stroke



## Pulse Consumption in Canada

### Pulses

Pulse consumption among Canadian adults is low



Dry Beans



Dry Peas



Chickpeas



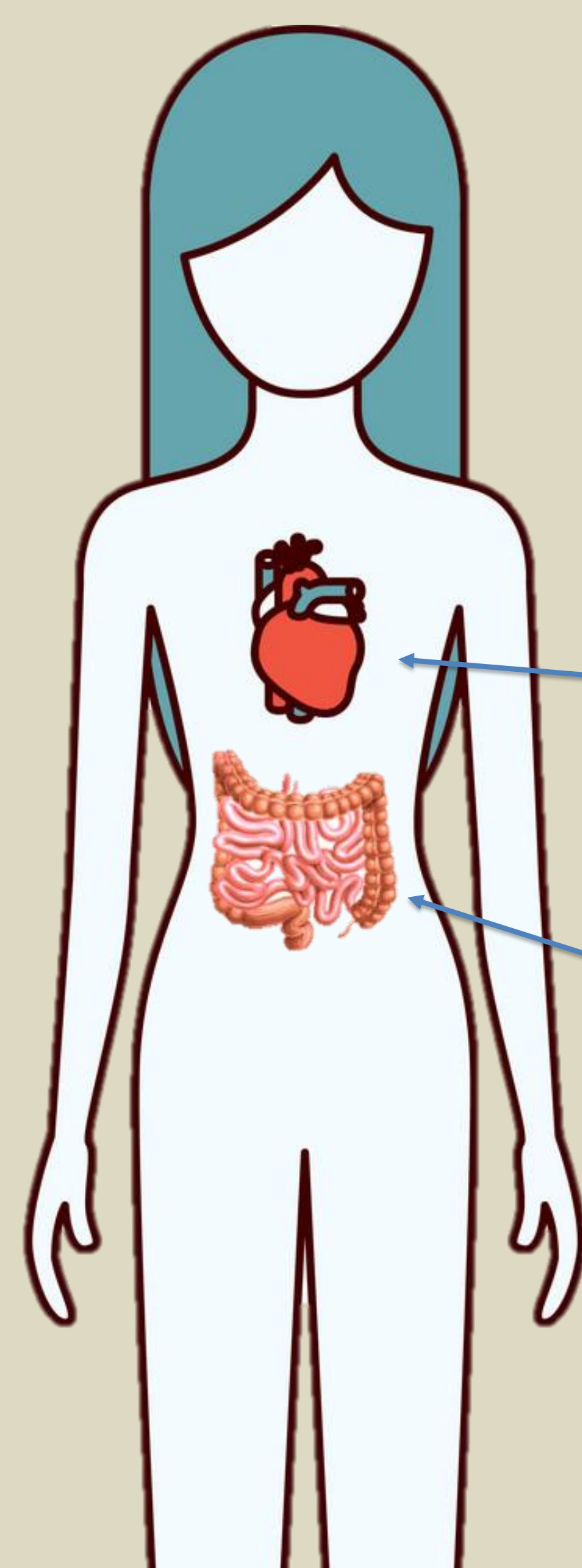
Lentils

**13%** of Canadian adults consume pulses (including beans) on any given day

Evidence is needed to support health claims for beans to help increase consumption

## The Bean Study

Purpose: Determine the effects of eating ½ cup and 1 cup of mixed canned beans for one month on markers of heart disease



Black



Navy



Pinto



Red Kidney



White Kidney

- Cholesterol
- Apolipoproteins
- Glucose
- Insulin
- Short Chain Fatty Acids

- Gut Microbiota
- Bile Acids
- Short Chain Fatty Acids

It is hypothesized that the daily consumption of beans will **improve heart disease risk biomarkers**

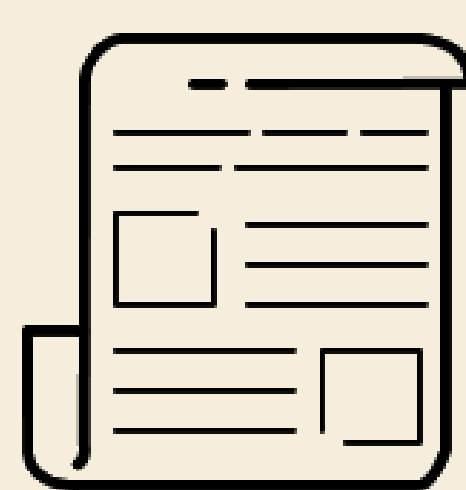
This research could help with health claim approval for beans and cholesterol lowering thereby **increasing bean consumption** by consumers and promoting the Ontario Agri Food Sector

## KTT Strategies for Sharing the Results

Pulse Canada, Ontario Bean Growers, Agri Food for Healthy Aging and Research Institute for Aging will communicate our results through:



Conferences



Publications



Social Media