# BEANS

| S/B Daily Intake | | | 20gr | 25gr | 50gr | 30 |
|---|---|---|---|---|---|---|
| **FOOD** | **Serving** | **Calories** | **Sat.Fat** | **Sugar** | **Protien** | **POINTS** |
| **BEANS** | | | | | | |
| Black Beans<br>Reduced Sodium Bushs | 1/2 Cup | 120 | 0 | 1 | 7 | 3 |
| Cannellini reduced Sodium Bushs | 1/2 Cup | 100 | 0 | 0 | 7 | 2 |
| Chick Peas | 1/2 Cup | 110 | 0 | 1 | 6 | 3 |
| Garbanzo S&W 50% Less Sodium | 1/2 Cup | 120 | 0 | 0 | 7 | 3 |
| Refried Beans Vegetarian | 1/2 Cup | 120 | 0 | 1 | 6 | 3 |
| Split Pea Fresh | 1/4 Cup | 90 | 0 | 3 | 9 | 2 |
| TOTALS | | | | | | |