1. Liana Minassian
   May 28, 2026 at 10:56:59 PM
   Even though AP style uses quotes for book titles, FRN's style guide specifies italics.

2. Liana Minassian
   May 28, 2026 at 8:30:31 PM
   We use the World Bank's term of "high-income countries" for economic classification rather than developed or developing, which is outdated and implies a ceiling for development as well as a more subjective

3. Liana Minassian
   May 28, 2026 at 8:56:19 PM
   Athletes and seniors do need more protein than the typical person.

4. Liana Minassian
   May 28, 2026 at 10:58:10 PM
   This is a more accurate representation of higher fiber content

5. Liana Minassian
   May 28, 2026 at 9:03:23 PM
   This is an important differentiation, especially since we mentioned meat previously.

6. Liana Minassian
   May 28, 2026 at 9:04:08 PM
   Moved this sentence here since we are starting a new thought on its micronutrient contents.

7. Liana Minassian
   May 28, 2026 at 11:02:18 PM
   Changed this for clarity and alignment with the language on nutrition labels.

8. Liana Minassian
   May 28, 2026 at 11:03:23 PM
   Since our audience is mostly 50+, this is an important detail to include. Beans don't contain all the RDA for people under 50.

9. Liana Minassian
   May 28, 2026 at 11:03:49 PM
   We've already mentioned vitamins and minerals above, which are types of micronutrients.

10. Liana Minassian
    May 28, 2026 at 11:12:09 PM
    Antioxidant is a more well-known term than phytochemical. While the two words aren't interchangeable, most antioxidants are also

11. Liana Minassian
    May 28, 2026 at 11:12:33 PM
    Since the next section details how beans have been studied in relation to specific chronic diseases, we can skip the specifics here.

Bean Nutrition: What Are the Healthiest Beans?

1 According to research by Dan Buettner, author of *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*, beans are one of the foods most associated with longevity.

2 For optimal health, Dan Buettner recommends eating a cup of beans each day. However, few people in high-income countries today consume anywhere near that amount.

3 Yet, beans are among the best sources of clean, whole food, plant-based protein. For people who actually need to boost their protein intake, such as athletes and senior citizens, eating beans at most meals can be a great addition to their diets. Cooked soybeans, for example, contain almost 30 grams of protein per cup!

4 Then there's the impressive fiber content of beans. Whole green lentils and navy beans have approximately 15–19 grams of fiber per cup. As protein sources go, that's a significant amount, especially in comparison to meat, which has zero grams of fiber.

5 To put all of this into perspective, many nutrition experts believe that a 150-pound person requires about 54 grams of protein and 40 grams of fiber per day. Most people in high-income countries consume an excess of protein, much of it animal protein, yet only get about 16–24 grams of fiber per day.

6 7 8 9 10 11 In addition to being excellent sources of protein and fiber, beans contain a variety of vitamins and minerals, too. Some legumes like soybeans and lentils contain nearly all of the recommended daily intake of iron for adults over 50. Beans are also good sources of B vitamins like thiamine and folate, as well as magnesium, phosphorus, manganese, and copper. Plus, eating beans may help lower the risk of chronic disease due to their high antioxidant content.