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**Eating pinto beans provides your body with the mineral Zinc, which helps to heal damaged tissues & support your immune system**

Pinto beans & any other bean are available in dry, canned, and frozen form at your local grocery store!

Protect yourself from hunger and illness with the filling power of pinto beans!

Pinto Beans are a staple in Latin American cultures & many other cultures around the world

They originated in Mexico!



What is your favorite veggie & why

- Do you help grocery shop?**
- Have you helped pick out a vegetable before?**
- Will you ask your parents to buy Pinto Beans?**

Diets including **BEANS** may reduce your risk of heart disease and certain cancers



PINTO BEANS

ARE PART OF BOTH THE PROTEINS FOOD GROUP AND THE VEGETABLE FOOD GROUP!