Purchasing Legumes

The first step to including legumes (beans) in your diet starts at the grocery store. All of the options can be overwhelming, but once you discover your favorite varieties and know where to find them, cooking will be a breeze.

There are two main options of beans to choose from at the grocery store:

**Canned**
- Quick and ready to use.
- No preparation is needed, just pop the top off, drain, and eat!

**Dried**
- Cheaper than canned but requires more preparation.
- See “How to Cook” for easy ways to prepare dried beans.

No matter what option you choose, beans and other legumes will boost your diet with protein and fiber!