

United States Dry Bean Council

Protein Conference – Nairobi, Kenya



Who Are We?



- The United States Dry Bean Council (USDABC) is a private trade association that represents the growers and shippers of U.S. edible dry beans. The USDABC works closely with commercial interests and food aid partners to promote areas of mutual interest in the use, consumption and marketing of edible dry beans with a goal to increase worldwide bean consumption.

Why US Dry Beans?



- ❑ Over 20 varieties to suit local preferences
- ❑ Shipped in packaging to meet your needs (anything from bulk totes, 50 or 25 kg to 500 gram)
- ❑ Highest quality market standards in the world
- ❑ Consistent year to year supplies and quality (19 states produce over 1.2 mmt of dry beans)
- ❑ Long Shelf Life
- ❑ Consistent quality year to year as a result of state of the art processing
- ❑ Multiple Products and Applications

US Dry Bean Varieties (Just To Show A Few)



Small Red



Great Northern



Light Red Kidney



Pinto



Black



Navy



Garbanzo



Black Eye (Cow Pea)



Dark Red Kidney

Nutritional Powerhouse

- The Dietary Guidelines in the United States identify beans as part of both the **meat and beans** group and the **vegetable group**.
 - Beans are an excellent sources of protein
 - 1/2 cup of cooked dry or canned beans = 2 ounces lean meat
 - Beans as a vegetable
 - 1/2 cup = 1 serving
- The US Food and Drug Administration has released two Dietary Guidance Messages as part of an effort to encourage good nutrition. DGM's draw a general relationship between individual foods or entire food groups and health. Beans are included the only two existing DGM's:
 - Diets including beans may reduce your risk of heart disease and certain cancers.
 - Diets rich in fruits and vegetables may reduce the risk of some types of cancers and other chronic diseases.

One-half cup of cooked beans provides the following Daily Value (DV):

- **Fiber: 24% to 36%**
- **Protein: 14% to 16%**
- **Copper: 8% to 15%**
- **Potassium: 10%**
- **Carbohydrates: 8%**
- **Calcium: 2% to 6%**
- **Folate: 23% to 45%**
- **Manganese: 19% to 26%**
- **Magnesium: 10% to 15%**
- **Iron: 11%**
- **Selenium: 8%**
- **Zinc: 6% to 8%**

www.usdrybeans.com



- Information about bean nutrition and health research
- U.S. Suppliers Directory & Information about Bean Classes
- Information on Trade Policy issues and position papers
- Foreign language newsletters and other publications
- Delicious Recipes

New Developments

- “Quick Prep” Cooked and Dehydrated Bean Product
 - ▣ Just add boiling water
 - ▣ Expands to 3 times its dry weight
 - ▣ Easily seasoned to traditional tastes
 - ▣ Consistency can be varied by the amount of water added - from a soup to a thick & hearty paste



USDABC & Food Aid

- The USDABC is dedicated to helping our partners in Humanitarian Food Aid.
- Product Development
- Program Development
 - ▣ Substitutable Tenders
 - ▣ Partners from idea conception
- Information
 - ▣ “Field” to Farm Missions
 - ▣ Health & Nutrition
 - ▣ Pricing & Supply
- Technical Assistance
 - ▣ Acceptability, Usage, Storage, Ect



Other Helpful Bean Links



- Pan-Africa Bean Research Alliance
 - <http://www.ciat.cgiar.org/africa/pabra.htm>
- International Center for Tropical Agriculture
 - <http://www.ciat.cgiar.org/>



Thank You!



For further information
please contact

Charles Wachsmuth

Emerging Market & Food Aid Specialist

+1 (202) 306-0303

charles@usdrybeans.com

