



As part of our vision to be a positive force for change, we've produced a series of factsheets to help our customers better understand sustainability issues, and what we're doing about them.

## Overview

Eating more beans, legumes and pulses is a win-win-win for both businesses and individuals:

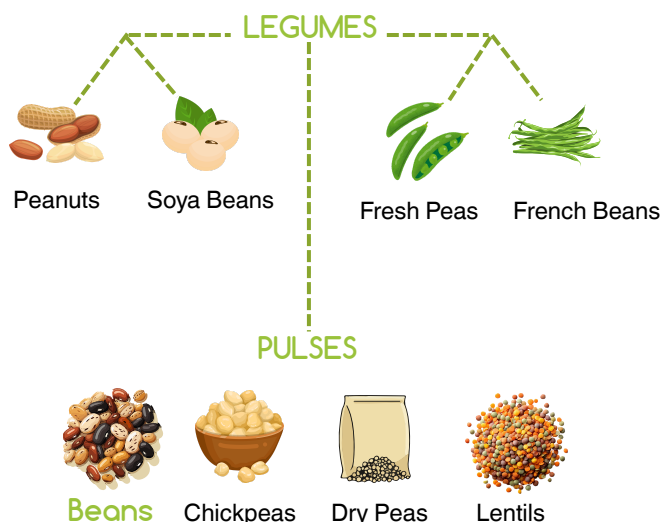
- **Nutrition:** Beans are high in fibre, protein and a great source of essential micronutrients such as potassium, magnesium, iron and zinc. 80g of beans also counts as up to 1 of your 5-a-day.
- **Sustainability:** Their carbon footprint is generally lower than other protein-rich foods and their nitrogen-fixing qualities support soil health by reducing the use of fertilisers.
- **Cost:** They are affordable, and this is central to creating cost-effective meals and menus without compromising taste, nutritional values and sustainability.

## Jargon buster

**Legume:** A plant in the Fabaceae family or its edible seeds

**Pulse:** The dried edible seeds of legumes (e.g., lentils, chickpeas)

**Beans:** A type of legume and pulse



## What can you do?

- Consider offering less processed meat-alternative products and increasing the amount of beans used across your menus.
- Switch some of the meat in your recipes for beans for potential nutrition, sustainability and cost-saving benefits.
- Join the campaign yourself and make a pledge to add more beans to your menu #BangInSomeBeans.



## What's the problem?

In the UK, most people don't eat enough fruit and vegetables, with only 17% of adults meeting the recommendation of at least five different portions per day. Fibre intakes are also low, with just 4% achieving the recommended 30g per day.

Fruits, vegetables, and other fibre-rich foods such as beans are an important part of a healthy, balanced diet. They provide essential vitamins and minerals and can help reduce the risk of heart disease, stroke, and some cancers.

Food production and consumption practices fuel extreme climate events affecting global populations and economies. Higher demand of meat and animal food derivatives directly contributes to higher greenhouse gas emissions, deforestation activities, biodiversity loss and lack of protection for indigenous communities.

According to the Food Foundation, 73% of people in the UK believe beans are good for them, 62% claim they are tasty, but only 24% are eating beans two or more times a week.

## Our targets and plans

We recognise the urgent need to shift towards healthier, more sustainable diets and the crucial role the food industry plays in making this happen. Beans are a simple and powerful way to drive positive change for people and the planet.

The Food Foundation has launched "Bang in Some Beans" aiming to doubling UK bean consumption by 2028.

In support of this campaign, **Bidfood pledges to increase volume sales for all bean products by 30% by 2028.**

## Share your feedback



We hope you find this fact sheet helpful, we'd love your feedback using the QR code or by clicking [here](#)