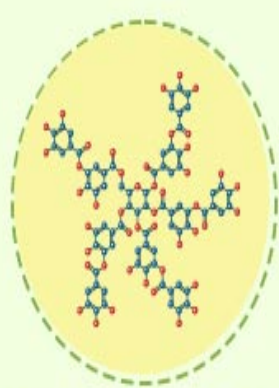


# A CLOSER LOOK AT ANTINUTRIENTS IN GREEN BEANS

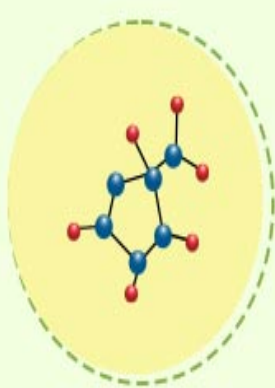


## ANTINUTRIENTS PRESENT IN GREEN BEANS



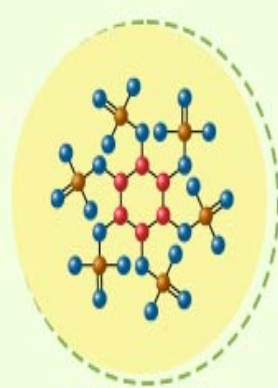
### TANNINS

May decrease iron absorption



### LECTINS

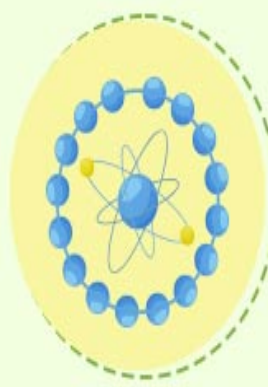
May interfere with calcium, iron, phosphorus, and zinc absorption



### PHYTIC ACID

May decrease the absorption of iron, zinc, magnesium, and calcium

## Health benefits



Lectins and phytic acid have antioxidant properties and may protect from cell and DNA damage.

## Ways to avoid mineral absorption issues



Avoid giving a large serving of foods with antinutrients, such as peanuts, soybeans, and whole grains, in a single meal.



Time the foods with antinutrients to alternate with those containing minerals such as milk.



You may soak, sprout, boil, or steam food items, including green beans, to deactivate the antinutrients.