

Shopping for Beans, Peas, and Lentils

Approved:

- ☐ Dry beans, peas, or lentils.
- ☐ Canned beans, peas, or lentils.

Sizes, types, and seasonings:

- ☐ 16 oz. bags or boxes of dried legumes.
- ☐ 15 oz. - 16 oz. cans.
- ☐ Regular or organic varieties.
- ☐ Plain, unseasoned varieties.
- ☐ Low-sodium canned beans, peas, or lentils.

Examples Include:

Plain, unseasoned, dry, or canned:

- | | |
|---|---|
| ☐ Black beans | ☐ Great northern beans |
| ☐ Black-eyed peas | ☐ Kidney beans |
| ☐ Butter beans | ☐ Lentils |
| ☐ Cannellini beans | ☐ Lima beans |
| ☐ Chickpeas | ☐ Navy beans |
| ☐ Chili beans | ☐ Pigeon peas |
| ☐ Fava beans | ☐ Pinto beans |
| ☐ Field peas | ☐ Soybeans |
| ☐ Garbanzo beans | ☐ Split peas |

Approved for purchase with Cash-Value Benefits (CVB) dollars only:

- Frozen beans, peas, or lentils.
- Green beans, green peas, snap peas, snow peas, snap beans, and wax beans (canned, fresh, or frozen).

Not Approved:

- Soup mixes.
- Canned beans, peas, or lentils **with added fats, sugars, oils, flavorings or seasonings other than salt.**

Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container about 3.5

Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360 mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	21%
Sugars 1g	
Protein 8g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 10%	
Potassium 10%	

INGREDIENTS: WATER, BLACK BEANS, SEASONING (ONION AND GARLIC POWDERS, MALTODEXTRIN SPICES [INCLUDING CHILI PEPPER] YEAST EXTRACT, SALT, SUGAR, CITRIC ACID, NATURAL FLAVORS) SALT.

Look for the Nutrition Facts

Beside or below the Nutrition Facts, find the list of INGREDIENTS.

Two examples, from different packages, are shown.

Example 1: Approved

Ingredients are just beans, water, and salt.

Example 2: Not Approved

Ingredients include seasonings and added sugar.

NC Department of Health and Human Services
Division of Child and Family Well-Being
Community Nutrition Services Section
www.ncdhhs.gov/nc-wic-cacfp



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Compra de frijoles, guisantes y lentejas

Aprobados:

- ☐ Guisantes, lentejas o frijoles secos.
- ☐ Guisantes, lentejas o frijoles enlatados.

Tamaños, tipos y condimentos:

- ☐ Bolsas o cajas de 16 oz de legumbres secas.
- ☐ Latas de 15 oz-16 oz.
- ☐ Variedades regulares u orgánicas.
- ☐ Variedades naturales, sin condimentar.
- ☐ Guisantes, lentejas o frijoles bajos en sodio enlatados.

Algunos ejemplos:

Naturales, sin condimentar, secos o enlatados:

- | | |
|--|--|
| ☐ Frijoles negros | ☐ Frijoles nortños |
| ☐ Frijoles de ojo negro | ☐ Frijoles |
| ☐ Frijoles mantequilla | ☐ Lentejas |
| ☐ Frijoles blancos | ☐ Frijoles anchos |
| ☐ Garbanzos | ☐ Frijoles palomito |
| ☐ Frijoles con Chili | ☐ Frijol gandul |
| ☐ Habas | ☐ Frijoles pintos |
| ☐ Guisantes forrajeros | ☐ Soja |
| ☐ Garbanzos Kabuli | ☐ Arvejas partidas |

Productos aprobados para la compra con dólares de beneficios con valor en efectivo (Cash-Value Benefits, CVB)

- Guisantes, lentejas o frijoles congelados.
- Judías verdes, guisantes verdes, guisantes dulces, guisantes de nieve y ejotes (enlatados, frescos o congelados).

Productos no aprobados:

- Mezclas para sopa.
- Guisantes, lentejas o frijoles enlatados con grasas, azúcares, aceites, saborizantes o condimentos añadidos que no sean sal.

Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container about 3.5

Amount Per Serving	
Calories 120	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360 mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	21%
Sugars 1g	
Protein 8g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 10%	
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INGREDIENTS: WATER, BLACK BEANS, SEASONING (ONION AND GARLIC POWDERS, MALTODEXTRIN SPICES [INCLUDING CHILI PEPPER] YEAST EXTRACT, SALT, SUGAR, CITRIC ACID, NATURAL FLAVORS) SALT.

Busque la información nutricional

Al lado o debajo de la información nutricional, encontrará la lista de INGREDIENTES.

Se muestran dos ejemplos que pertenecen a paquetes diferentes.

Ejemplo 1: aprobado

Los ingredientes solo incluyen judías, agua y sal.

Ejemplo 2: no aprobado

Los ingredientes incluyen condimentos y azúcares añadidos.

Departamento de Salud y Servicios Humanos de NC
División de Bienestar Infantil y Familiar
Sección de Servicios Comunitarios de Nutrición
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