

Beans

An analysis of beans

What are beans?

Beans are seapods of certain leguminous plants of the Fabaceae plant family.[1](#)



Nutritional value of beans

Dry beans can provide protein, complex carbohydrates, fiber, and essential minerals and vitamins. [3](#)

How to cook bean

Beans can be boiled, fried, and baked for human consumption.[4](#) Beans may also be eaten raw, but this may lead to medical issues.[5](#)

Flatulence stimulation of beans

Beans have been commonly associated with flatulence after consumption. This is due to a sudden bacteria increase, as the only way to digest Oligosaccharide is with bacteria in the large intestine. This digestion produces a gas, including methane which is then released as flatulence.[6](#)

References

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2. <https://www.maxpixel.net/static/photo/1x/Agriculture-Food-String-Bean-Assortment-Beans-3861864.jpg>
3. Gell, P B, and J W Anderson. "Nutrition and Health Implications of Dry Beans: A Review." *Taylor & Francis*, Taylor & Francis Online, 4 Sept. 2013, <https://www.tandfonline.com/doi/abs/10.1080/07315724.1994.10718446>.
4. "How to Cook Beans." *The New York Times*, The New York Times, <https://cooking.nytimes.com/guides/21-how-to-cook-beans>.
5. Pilet, Jonan. "How to Avoid Poisoning from Red Beans." *Food Safety News*, Marler Clark, 3 May 2021, <https://www.foodsafetynews.com/2021/05/how-to-avoid-poisoning-from-red-beans/>.
6. Harold McGee (2003). *Food and Cooking*. Simon & Schuster. p. 486. ISBN-978-0684843285. Many legumes, especially soy, navy and lima beans, cause a sudden increase in bacterial activity and gas production a few hours after they're consumed. This is because they contain large amounts of carbohydrates that human digestive enzymes can't convert into absorbable sugars. These carbohydrates therefore leave the upper intestine unchanged and enter the lower reaches, where our resident bacterial population does the job we are unable to do.