

# Eat Green Beans

## Snack Idea:

Try fresh green beans dipped in fresh salsa mixed with fat-free sour cream.



## Produce Tip:

Eat green beans fresh, canned, or frozen.

(Look for low-sodium canned varieties.)



## Health Tip:

Green beans are an excellent source of manganese, which help keep your bones strong.



For CalFresh information, call 530-225-5767. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. California Department of Public Health.

