



French Beans: In Everyday Life Give Excellent Result For Heart, Cancer, Weight Loss And Joints.

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HEALTH

Green beans are a vegetable that can be used to satisfy your body's nutritional needs easily. Vitamin A, C, K and B6 are found in sufficient quantity of green beans, rich in many beneficial minerals. It is also a good source of folic acid.

Apart from this, there is also a significant amount of calcium, silicon, iron, manganese, beta carotene, protein, potassium and copper. But the biggest thing is that the use of green vegetables as well as its weight helps in reducing weight. It is a vegetable that can be grown easily anywhere and it is available in the market for almost whole year.

Benefits of French beans



[image source](#)

Vitamins and minerals

Beans are foods rich in nutrients. It contains anti oxidants, proteins, fiber, complex carbohydrates, and potassium such as vitamins and minerals, folate, copper, iron, manganese, Phosphorus and magnesium are included.



[image source](#)

Prevent cancer

Plant pigments anti-oxidants flavonoids help prevent the production of intestines and breast cancer cells and significantly reduce the chances of getting cancer.



[image source](#)

Bones strong

Green beans contain mineral called silicon, which makes the bones healthy and strong. The body absorbs and digests silicon more easily than other vegetables.



[image source](#)

Balances blood sugar levels

Carbohydrates present in beans help you to control the level of blood sugar. Carbohydrates take a lot of time to digest, and in turn they maintain healthy levels of sugar.



[image source](#)

Good for heart to eat properly

Low fat beans are free from Tran's fat and unsaturated fats, with the help of which your cholesterol level is low and the likelihood of heart disease decreases significantly.

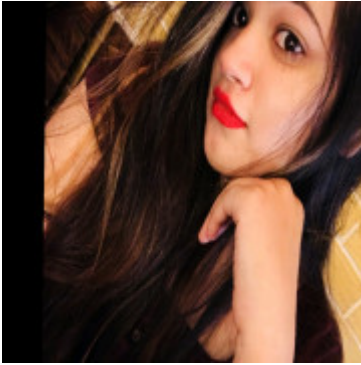


[image source](#)

Weight loss for diet

Low fat beans contain plenty of fiber and protein, and with the help of this, it helps us to lose weight and maintain proper and healthy weight. Because of the protein you seem to be full of your stomach and it also helps to increase your muscles.

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About Author:

Vidhi mistry

Dr. Vidhi who has made wholeheartedly contribution to the welfare of many people through Ayurveda is one of the million people who was inspired by her father and her own life incident to choose the correct path in her life. Born in a family of renowned physician Dr. Madan Gulati and Dr. Saras Gulati, she was brought up under the shadow of Ayurveda. This was not just a reason to choose Ayurveda as her career but one of her childhood events also molded her into a true believer of Ayurveda.