



USDBC UPDATE

US Dry Bean Council Update

December 2011

VIEW FROM THE PRAIRIE

Jeane Wharton, Executive Director

Last month, Federal Compliance Director Connie Bradford and I attended meetings in Baltimore with the Foreign Ag Service and the US Ag Export Development Council. (I serve on the board for the USAEDC and for the Coalition to Promote US Ag Exports. Both boards met at this time, too.)

Besides the meetings, USAEDC workshops are a time for hearing great speakers, like Stuart Rothenberg, the editor/publisher/Washington columnist. And Michael Scuse, Acting Under Secretary of the USDA. We have meeting with other FAS cooperators, like WISHH (World Initiative for Soy in Human Health), the North American Millers Association, the American Soybean Association, USA Dry Pea and Lentil Council, and the American Peanut Council. USDBC has partnered with these groups in a GBI (Global Broad Based Initiative funds).

There are also education sessions from the USDA/Foreign Ag Service. Connie and I learned a lot about new regulations, UES development, and compliance reviews.

Break out sessions included the "Value of Third Party Evaluations," a discussion about fraud and cooperator compliance, and "Building Industry Support Working with Multiple Organizations." (I was honored to have been asked by FAS staff to serve as a discussion leader in the session.)

Beyond the formal sessions, there are lunches and dinners with cooperator staff and FAS staff. It is a chance for Connie and I to visit with others who have similar roles in other associations. One evening, she and I met with FAS staff and USA Rice staff for dinner.

After the Baltimore meetings, I went into DC. Dr. Bill Pruzensky of the International Partnership for Human Development had asked for a meeting between USDBC and the Minister of Agriculture from the Republic of Congo, Rigobert Maboundou. I talked to our representatives for USDBC Food Aid, Randy Duckworth and Dave McClellan, then met with the minister. Their interest was in areas better served by other organizations, but I have helped them with making other connections.



In the lobby of the Willard InterContinental Hotel with the Agriculture Minister of the Republic of Congo. It pleased him that I greeted him with two sentences of high school French, then, thankfully, we had a translator!

The day before, the delegation had met with FAS Deputy Administrator Lloyd Harbert and FAS staff, including Stan Phillips (who grew up on a farm near the offices of Preator Bean and Yellowstone Bean in Wyoming!)

After this meeting, I was invited to lunch with the new FAS marketing specialist, Kari Rojas, our former specialist Susan Wentzy, and the Branch Chief Bill Bommersheim. These informal meetings are as important as the formal in maintaining our good relationship with the FAS!

The USDBC will receive about \$1.3 million next year and has progressively gotten good "marks" on our "grant application," the United Export Strategy (UES). As International Promotions Committee Chair Bob Green says, the UES is a team effort. I applaud the BEAN TEAM of reps, the IPC and Connie who work with me on this!!

SPEAKING OF THE IPC: Members of this committee and reps, make your plans to attend the meeting prior to the Mexico Congress AND the IPC planning/evaluation meeting in Dubai in April. Call Jeane or Bob Green for more info!!

BEANS IN THE NEWS

Beans: High-Protein That's Healthy and Cheap

December 2, 2011 12:01 AM by Mehmet C. Oz, MD, and Michael F. Roizen, MD |

If we had to choose a theme song, it might be, "We Are the Champions," the anthem that rocks every Super Bowl game. But we YOU Docs are the champions of things: Whole grains? Check. DHA omega-3s? Check. Vitamin D3? Check. High-protein beans? Still working on those.

As the season of humongous turkeys, rib roasts, and country hams peaks, we're cheering on our favorite high-protein food -- the one that's loaded with phytonutrients, lowers your LDL (bad) cholesterol, and even fights belly fat. Yep, beans do all that and more. Here's why we're gonna beat this drum until we've got a parade going:

1. **Belly fat.** This is recent news, people: Beans' soluble fiber chases away dangerous, deep-down, visceral belly fat -- the glacky stuff that threatens your vital organs.
2. **Blood sugar.** Beans have a low glycemic index, which means they're digested slowly and stabilize your blood sugar. Translation: They're great for anyone who has or is worried about type 2 diabetes. **These three questions will tell you if you're speeding down the type 2 diabetes highway.**
3. **Blood pressure.** Beans are rich in artery-friendly minerals and healthful plant protein. People who get their protein from plants tend to have better blood pressure than those who get it from four- or two-legged animals.
4. **Heart health.** The soluble fiber in beans helps reduce blood levels of C-reactive protein (CRP), a worrying factor for heart attacks.
5. **Cancer.** Another new finding in 2011: Simply eating beans three times a week helps prevent colon cancer (you're 33% less likely to develop polyps). **Beans also fight *this* kind of cancer.**

Cool beans!

What's not to like? Oh, those gas attacks? Ease into eating beans, and take Beano until your body is used to them. Beano's natural enzymes deflate gas attacks. (Get it at grocery stores).



Study finds low correlation between eating beans and beefin'

Men's Health Magazine

Mike Simone



There's no doubt beans of all types fit into a balanced, healthy diet for its richness in disease fighting antioxidants. But we've all heard the old rhyme, *beans, beans, they're good for your heart...*

But fear not—in a recent study in the *Nutrition Journal*, less than 50% of participants experienced increased bodily gas bombs and only 19% experienced an increase after specifically consuming black eyed peas. The study also discovered that the increase in gas ultimately declined after each consecutive week.

Researchers conducted three separate studies on the effects of participants that consumed a half cup of beans per day for eight to 12 weeks. Each week, the participants were questioned on fart frequency, changes in poop and bloating. The first study compared pinto beans, black eyed peas and carrots as a control group. The second assessed baked beans versus a carrot control group. Meanwhile, the third placed pinto beans and black eyed beans against soup as a control group.

Based on the findings, the study concluded that people's concerns about eating beans and experiencing increased flatulence may be exaggerated. Fiber, the culprit of most gastrointestinal discomforts is naturally high in many plant foods, including beans, but beans didn't specifically cause more gastronomical distress than other plant foods.

**USDBC Winter Board Meeting
Embassy Suites Convention Center
Washington DC**

January 23-26, 2012