



black-beans

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Cruising Review

Black-Beans: Publications and Research
from SwissMixIt

Structured Data



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PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/black-beans.html>

Black Beans Botanical Information

The terms dry beans and legumes often are used interchangeably in the United States. In other parts of the world, including Canada, beans often are called pulses. Distinguishable by their seed-bearing pods, legumes are a family of plants characterized by 2 classes: oilseeds, such as soybeans and peanuts, and grain legumes, including dry beans, lima beans, cowpeas, fava beans, chickpeas (garbanzo beans), lentils, and dry peas. black beans, postprandial, bean, fiber, antioxidant capacity, metabolic syndrome, polyphenols, Phaseolus vulgaris, anti-oxidants, degenerative diseases, health-promoting effects, antioxidant activity, digestibility, fermentation, cereals, legumes, Pleurotus ostreatus, pulses, beans, glycemic response, blood glucose, post-prandial, insulin, insulin response, iron, zinc and copper bioaccessibility, myo-inositol phosphates, anti-nutrients, polyphenols, household processing, additives, cosmetics, black soybean sprouts, anti-oxidation, whitening, germination, controlled pressure drop (DIC), black beans, non-nutritional compounds, phenolics, phytates, oligosaccharides, trypsin inhibitors

Keywords: black beans, postprandial, bean, fiber, antioxidant capacity, metabolic syndrome, polyphenols, Phaseolus vulgaris, anti-oxidants, degenerative diseases, health-promoting effects, antioxidant activity, digestibility, fermentation, cereals, legumes, Pleurotus ostreatus, pulses, beans, glycemic response, blood glucose, post-prandial, insulin, insulin response, iron, zinc and copper bioaccessibility, myo-inositol phosphates, anti-nutrients, polyphenols, household processing, additives, cosmetics, black soybean sprouts, anti-oxidation, whitening, germination, controlled pressure drop (DIC), black beans, non-nutritional compounds, phenolics, phytates, oligosaccharides, trypsin inhibitors

Description and Research Abstract: The terms dry beans and legumes often are used interchangeably in the United States. In other parts of the world, including Canada, beans often are called pulses. Distinguishable by their seed-bearing pods, legumes are a family of plants characterized by 2 classes: oilseeds, such as soybeans and peanuts, and grain legumes, including dry beans, lima beans, cowpeas, fava beans, chickpeas (garbanzo beans), lentils, and dry peas. Of the estimated 16,000 legume varieties, more than 100 are cultivated commonly worldwide. Rooted from the Latin word puls, or ancient bean porridge, dry beans, peas, and lentils all qualify as pulses, but the term excludes green beans, 3 green peas, soybeans, and peanuts.

Beans (*Phaseolus vulgaris*) contain bioactive components with functional properties that may modify cardiovascular risk. Inclusion of black beans with a typical Western-style meal attenuates postprandial insulin and moderately enhances postprandial antioxidant endpoints in adults with MetS, which could only be partly explained by fiber content and properties of antioxidant capacity. Legumes, such as black beans (*Phaseolus vulgaris* L.) and chickpeas (*Cicer arietinum* L.), have a low glycemic index, and may reduce the glycemic load of meals in which they are included. Findings indicate that combinations of black beans and chickpeas with white rice improve glycemic response, providing evidence that has promising implications for dietary guidance to reduce postprandial glucose and related health risks through traditional food patterns.

Black bean (*Phaseolus vulgaris* L.) seed coats are a rich source of natural compounds with potential beneficial effects on human health. Beans exert hypolipidaemic activity; however, this effect has not been attributed to any particular component, and the underlying mechanisms of action and protein targets remain unknown.

The optimum extract was obtained from bean sprouts grown to 0.5 cm. Extracts of black bean sprouts are safe and can be used as additives in anti-aging and whitening cosmetic products.

Micronutrient deficiencies are a major public health problem. Beans are an important plant-based source of iron, zinc and copper, but their absorption is reduced in the presence of anti-nutrients such as phytates, polyphenols and tannins. Cooking beans under pressure without discarding the soaking water resulted in the highest bioaccessibility levels among all household procedures. Discarding the soaking water before cooking did not improve the nutritional quality of the beans.

It was concluded that eating black beans and navy beans significantly lowered colon cancer incidence and multiplicity.

BBE and FF had cytotoxic action by driving OCI-Ly7 cells into apoptosis as well as blocking progression to G2/M phase. In addition, BBE and FF treatments were effective in xenograft models.

Black beans are a natural pH indicator. An indicator is a chemical that turns different colors when it comes into contact with an acid or a base.

Black bean indicator starts out a grayish-purple color. It turns pink when it comes into contact with an acid, and green when it comes into contact with a base. It stays purple when it comes into contact with water, because water is neutral.

Polyphenols are plant metabolites with potent anti-oxidant properties, which help to reduce the effects of oxidative stress-induced dreaded diseases. The evidence demonstrated that dietary polyphenols are of emerging increasing scientific interest due to their role in the prevention of degenerative diseases in humans. Possible health beneficial effects of polyphenols are based on the human consumption and their bioavailability. Common beans (*Phaseolus vulgaris* L.) are a greater source of polyphenolic compounds with numerous health promoting properties. Polyphenol-rich dry common beans have potential effects on human health, and possess anti-oxidant, anti-diabetic, anti-obesity, anti-inflammatory and anti-mutagenic and anti-carcinogenic properties.

In conclusion, the consumption of BB can be recommended to prevent insulin resistance and metabolic endotoxemia by modifying the gut microbiota. Finally, the groups fed BB showed lower abundance of hepatic FMO-3, even with a high-fat diet protecting against the production of TMAO and obesity. Inclusion of black beans with a typical Western-style meal attenuates postprandial insulin and moderately enhances postprandial antioxidant endpoints in adults with MetS, which could only be partly explained by fiber content and properties of antioxidant capacity.

Recently, an inverse correlation between bean consumption and age related diseases such as breast and prostate cancer has been established.

The aim of the research was to determine the impact of fermentation with *Pleurotus ostreatus* on kidney beans, black beans, and oats. The results indicate that the fungus has a positive effect on the substrates when compared to the controls. The antioxidant activity (39.5% on kidney beans and 225% on oats in relation to the controls) and content of total polyphenols (kidney beans three times higher regarding the controls) increased significantly by the presence of the fungus mycelium, even after simulated digestion. Overall, this fermentation treatment with *Pleurotus ostreatus* improved the nutritional quality of cereals and legumes, making them potential ingredients for the elaboration and/or fortification of foods for human nutrition.

Germination and treatment by controlled pressure-drop (DIC, French acronym of Detente Instantanee Controlee) are methods that modify the concentration of these components. The objective of this work was to evaluate the change in the non-nutritional composition of bean seeds and sprouts by DIC treatment. The results show that with the germination, the concentration of phenolic and tannin compounds increased 99 percent and 73 percent, respectively, as well as the quantity of saponins (65.7 percent), while phytates and trypsin inhibitors decreased 26 percent and 42 percent, respectively. When applying the DIC treatment, the content of phytates (23–29 percent), saponins (44 percent) and oligosaccharides increased in bean sprouts and decreased phenolic compounds (4–14 percent), tannins (23 percent to 72 percent), and trypsin inhibitors (95.5 percent), according to the pressure and time conditions applied. This technology opens the way to new perspectives, especially to more effective use of legumes as a source of vegetable protein or bioactive compounds.

Liver cancer is the most common malignancy of the digestive system with high death rate. Accumulating evidences suggests that many dietary natural products are potential sources for prevention and treatment of liver cancer, such as grapes, black currant, plum, pomegranate, cruciferous vegetables, French beans, tomatoes, asparagus, garlic, turmeric, ginger, soy, rice bran, and some edible macro-fungi. These dietary natural products and their active components could affect the development and progression of liver cancer in various ways, such as inhibiting tumor cell growth and metastasis, protecting against liver carcinogens, immunomodulating and enhancing effects of chemotherapeutic drugs.
