



KNOW THE FACTS
PROTECT YOURSELF

TOXIC BEANS

RAW BEANS CONTAIN A
PROTEIN CALLED
PHYTOHAEMAGGLUTININ



Always boil raw beans
for at least
10 MINUTES
before consuming or
using in recipes.



Phytohaemagglutinin
causes
GASTROENTERITIS,
which can make you very
sick



Never cook beans in a
SLOW COOKER
as the temperature may
not get hot enough to
eliminate toxins.