



BEAN IMPROVEMENT COOPERATIVE

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MEMORANDUM

DATE: June 3, 2019

TO: U.S. Dry Bean Council, Bean Traders, Shippers, Cannery and Processors

FROM: P.N. Miklas, President of Bean Improvement Cooperative

RE: Gluten Free Status of Dry Beans and Snap Beans

On behalf of the Bean Improvement Cooperative (BIC), I would like to issue the following statement concerning gluten-free status for dry bean and snap bean production in the U.S.:

Gluten is a class of seed storage proteins found only in the grasses and mainly in wheat. The grasses (Poaceae) belong to a different family from common bean (Fabaceae) with no chance of genetic exchange between the species within these families. All plant seeds are made up in part of seed storage proteins, and these vary in composition. The seed storage protein (Phaseolin) found in common bean is substantially different from gluten. No known adverse health effects have been associated with its consumption as cooked dry beans or snap beans.

As such, we can categorically state that dry and snap beans are gluten-free.

Sincerely,

Phillip N. Miklas
President