



BEAN IMPROVEMENT COOPERATIVE

Timothy G. Porch, President
USDA-ARS
2200 P.A. Campos Ave., Suite 201
Mayaguez, PR 00680

Ph: (787) 238-8024 Fx: (787) 831-3386
email: timothy.porch@usda.gov

April 17, 2023

MEMORANDUM

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

FROM: Timothy Porch, President of the 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,

Timothy Porch
BIC President