Snap bean (*Phaseolus vulgaris*) being a legume has balanced profiles of dietary fiber, micronutrients, and phenolic bioactives in a high protein matrix resulting in diverse human health benefits including favorable glucose metabolism-linked protective functions. Due to such metabolic-linked anti-hyperglycemic function, snap bean can be integrated into inexpensive therapeutic and dietary solution strategies for early stages of type 2 diabetes benefits. In this issue de Andrade and collaborators investigate the phenolic antioxidant-linked anti-hyperglycemic functionality of snap bean (*Phaseolus vulgaris*) genotypes as dietary and potential therapeutic target against early stages of type 2 diabetes.



