



MEET PULSES:

The Health Powerhouses

Pulses, in technical terms, are the dry, edible seeds of plants in the legume family. In understandable terms, they're a category of superfoods that includes chickpeas, lentils, dry peas, and dry beans. They're incredibly healthy, which is one reason the United Nations declared 2016 as the International Year of Pulses.



Here's how pulses pack such a nutritional punch that they're considered both a protein and a vegetable:

- ✓ **Protein-packed:** They contain up to 9 grams of protein per $\frac{1}{2}$ cup cooked serving—twice the protein of quinoa. And unlike many protein-rich foods, pulses are low in fat.
- ✓ **Beneficial for disease prevention:** Pulses have been shown to improve blood sugar control and reduce blood cholesterol and blood pressure, thus reducing the risk factors for heart disease and diabetes.
- ✓ **Good for dietary restrictions:** Being gluten-free and vegetarian makes them a good option for people with special diets, allergies or sensitivities.
- ✓ **Nutrients galore:** Pulses deliver high levels of potassium, magnesium, zinc, B vitamins and iron. One serving of black beans has 1.5 times the amount of iron as flank steak, plus three times the folate (an essential B vitamin) of kale, and as much potassium as a banana. Even more, red kidney beans are loaded with more antioxidants than blueberries or pomegranate juice.
- ✓ **High in fiber:** Pulses are high in both soluble and insoluble fiber, helping with staying regular, losing weight, and feeling fuller longer.
- ✓ **Smart source of folate:** Pulses are excellent sources of folate, a B vitamin important during pregnancy to reduce the risk for neural tube birth defects. Folate is also essential to brain development and function.



For more information:

Visit www.pulses.org now and www.pulsepledge.com beginning January 1, 2016, or contact Josie Curtis, Maxwell PR | josie@maxwellpr.com / 503.231.3086