

LOVE PULSES

IN
2016

MAINTAIN A HEALTHY WEIGHT

Pulses are high in protein, virtually fat-free, and have a low Glycemic Index.

PROTECT AGAINST DISEASES

Pulses help protect against type 2 diabetes, high cholesterol and certain cancers.

ENJOY A DELICIOUS, NUTRITIOUS DIET

Pulses are affordable, full of fiber and rich in iron, potassium, magnesium, zinc and B vitamins.

HELP THE ENVIRONMENT

Pulse crops are incredibly water-efficient, and they help keep soils fertile and healthy.

2016 IS THE INTERNATIONAL YEAR OF PULSES

Eat More Peas, Beans, Chickpeas and Lentils for People and the Planet!

www.pulses.org
#LovePulses
@LovePulses

