

PULSE FACTS

Sustainability

PULSE CROPS ARE:



Natural fertilizers

Pulses enrich the soil where they grow, reducing the need for chemical fertilizers



Drought-tolerant and frost-hardy

Pulse crops can grow in harsh environments



Low carbon footprint

Pulse crops have one of the lowest carbon footprints of any food group

It takes **43 gallons** of water to produce 1 lb. of **pulses**



Water-efficient source of protein

Pulse crops require little or no irrigation



It takes roughly **800-1,800 gallons** of water to produce 1 lb. of **meat**

Water footprint figures sourced from Arjen Y. Hoekstra and Ashok Chapagain, Globalization of Water, U. of Twente, Waterfootprint.org as reported by National Geographic, April 2010

Carbon footprint data sourced from: Nijdam, D. Rood, T., Westhoek, H. The price of protein. Food Policy 2012, vol 37, issue 6, pages 760-770

2016 THE INTERNATIONAL
YEAR OF PULSES

↪ #IYP2016

PULSES



DRY PEAS, BEANS,
LENTILS & CHICKPEAS