

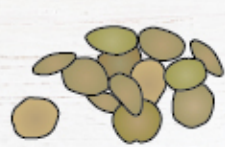
Reasons to Love Pulses

Versatile and easy to prepare, pulses (dry peas, lentils, chickpeas and beans) pack a powerful nutritional punch.



GOOD SOURCE OF PLANT-BASED PROTEIN

✓ Lentils deliver **double the protein** per serving of quinoa



LENTILS
9 g
per ½ cup cooked

QUINOA
4 g
per ½ cup cooked



EXCELLENT SOURCE OF FIBER

✓ All pulses have **4x more fiber** per serving than brown rice



PULSES
7.81 g
per ½ cup cooked

BROWN RICE
1.8 g
per ½ cup cooked



(average from lentils, black beans, navy beans, pinto beans, split peas & chickpeas)

IRON-RICH

✓ One serving of black beans contains **more iron** than one 3 oz. serving of flank steak



BLACK BEANS
1.81 mg
per ½ cup cooked

FLANK STEAK
1.48 mg
per 3 oz. steak



EXCELLENT SOURCE OF FOLATE

✓ Chickpeas contain **3x more folate** per serving than kale



CHICKPEAS
141 mcg
per ½ cup cooked

KALE
17 mcg
in 1 cup cooked



GOOD SOURCE OF POTASSIUM

✓ One serving of dry peas contains as **much potassium** as a banana



DRY PEAS
355 mg
per ½ cup cooked

BANANA
362 mg
in 1 banana



LOW FAT

✓ Lentils have **17g less fat** per serving than pork



LENTILS
0.38 g
per ½ cup cooked

PORK
17.65 g
per 3 oz. serving



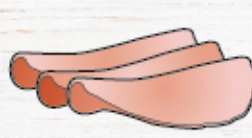
LOW IN SODIUM

✓ On average, pulses have **500 mg less sodium** per serving than deli turkey



PULSES
2 mg
per ½ cup cooked

TURKEY
576 mg
in 3 slices of
deli turkey meat



(average from lentils, black beans, navy beans, pinto beans, split peas & chickpeas)

CHOLESTEROL-FREE

✓ Dry peas have **186 mg less cholesterol** than an egg



DRY PEAS
0 mg
per ½ cup cooked

EGG
186 mg
per medium-sized egg



GLUTEN-FREE

✓ Chickpea flour is **higher in protein and fiber, and more nutrient-dense** than many other gluten-free flour alternatives



CHICKPEAS FLOUR
10.3 g
protein per ½ cup

RICE FLOUR
4.7 g
protein per ½ cup

