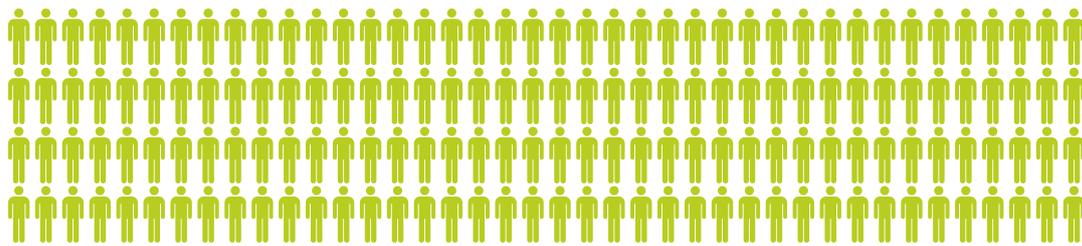




# PULSES A HEALTHY FOOD CHOICE

Pulses (beans, peas, chickpeas and lentils) reduce the risk of chronic diseases and improve human health

**800 MILLION+**  
people globally suffer from acute or chronic undernourishment<sup>1</sup>



WORLDWIDE OBESITY HAS MORE THAN DOUBLED SINCE 1980<sup>7</sup>



CARDIOVASCULAR DISEASES ARE THE NUMBER 1 CAUSE OF DEATH GLOBALLY

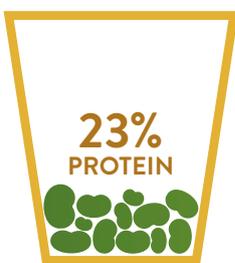


IN 2014 THE GLOBAL PREVALENCE OF DIABETES \* WAS ESTIMATED TO BE 9% AMONG ADULTS<sup>10</sup>



THE NUMBER OF NEW CANCER CASES IS EXPECTED TO RISE BY ABOUT 70% OVER THE NEXT 2 DECADES<sup>11</sup>

Pulses can help **IMPROVE NUTRITION**, in just one cup, pulses can provide you with...<sup>2</sup>



## THE HEALTH BENEFITS OF PULSES

**Fe**

IRON

**K**

POTASSIUM

**Mg**

MAGNESIUM

**Zn**

ZINC

**B<sup>1</sup>**

THIAMIN

**B<sup>3</sup>**

NIACIN

**B<sup>9</sup>**

FOLATE

Pulses are **PACKED** with essential micronutrients and vitamins

Pulses are an alternative for the **1 IN 133 PEOPLE** who suffer from Celiac disease or gluten intolerance

Pulses have an important role in **HELPING COMBAT** leading global health issues



REDUCED RISK OF HEART DISEASE



REDUCED RISK OF CANCER<sup>4</sup>



DIABETES PREVENTION AND CONTROL<sup>3</sup>



CHOLESTEROL REDUCTION<sup>5</sup>



ANAEMIA PREVENTION<sup>6</sup>



WEIGHT MANAGEMENT & LOSS

CELEBRATE THE INTERNATIONAL YEAR OF PULSES 2016

WWW.PULSES.ORG  
#IYP2016 @LOVEPULSES

<sup>1</sup>The State of Food Insecurity in the World 2014<sup>1</sup> Food and Agriculture Organization of the United Nations <http://www.fao.org/publications/sofi/2014/en/>

<sup>2</sup>Pulses are a Superfood<sup>2</sup> Pulse Canada <http://www.pulsecanada.com/uploads/dl/y5/dlySUDO9BpWJEAb3YkQIA/Pulses-are-a-Superfood.pdf>

<sup>3</sup>Diabetes Food and Tips<sup>3</sup> <http://www.helpguide.org/articles/diet-weight-loss/diabetes-diet-and-food-tips.htm>

<sup>4</sup>'Spillin' the Beans on Good Nutrition<sup>4</sup> United States Department for Agriculture 2006 <http://www.ars.usda.gov/Research/docs.htm?docid=10817>

<sup>5</sup>'Vegetables, Fruits, Legumes and Prostate Cancer: A Multiethnic Case-Control Study<sup>5</sup> Cancer Epidemiol Biomarkers Prev. August 2000 <http://cebp.aacrjournals.org/content/9/8/795.short>

<sup>6</sup>'Low anemia prevalence among adolescents of an urban hilly community<sup>6</sup> 2007. <http://cebp.aacrjournals.org/content/9/8/795.short>

<sup>7</sup>'Obesity and overweight<sup>7</sup> WHO Factsheet N°311 January 2015 <http://www.who.int/mediacentre/factsheets/fs311/en/>

<sup>8</sup>'Obesity and overweight<sup>8</sup> WHO Factsheet N°311 January 2015 <http://www.who.int/mediacentre/factsheets/fs311/en/>

<sup>9</sup>'Cardiovascular diseases (CVDs)<sup>9</sup> WHO Factsheet N°317 January 2015 <http://www.who.int/mediacentre/factsheets/fs317/en/>

<sup>10</sup>'Diabetes<sup>10</sup> WHO Factsheet No.312 January 2015 <http://www.who.int/mediacentre/factsheets/fs312/en/>

<sup>11</sup>'Cancer<sup>11</sup> WHO Factsheet No.297 January 2015 <http://www.who.int/mediacentre/factsheets/fs297/en/>