2016

The INTERNATIONAL YEAR OF PULSES

What is a Pulse?

Pulses are the nutritionally-dense edible seeds of legumes, including dry peas, beans, lentils and chickpeas.









LENTII S



CHICKPEAS

✓ NUTRITIOUS
✓ SUSTAINABLE
✓ AFFORDABLE
✓ DELICIOUS



Nutrition PULSES ARE:



Iron-rich

Good source of protein Lentils deliver double

the protein per serving of quinoa

Excellent source of fiber All pulses have 4x more fiber

than brown rice

High in antioxidants

Per serving, red kidney beans have higher antioxidant content than blueberries and pomegranate juice

One serving of black beans contains 1.5 times as much iron as one 3 oz. serving of flank steak

Good source of potassium

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

Excellent source of folate Chickpeas contain **3x more**

folate per serving than kale

✓ Gluten-free **✓** Sodium-free **✓** Cholesterol-free

Nutritional information sourced from the USDA Nutrient Database, antioxidant data as published in Journal of Agricultural

and Food Chemistry, June 9, 2004; All nutritional figures based on ½ cup serving of cooked pulses

Sustainability PULSE CROPS ARE:



Pulses enrich the soil

where they grow, reducing the need for chemical fertilizers



Pulse crops can grow in harsh

environments



Pulse crops have one

of the lowest carbon footprints of any food group

Pulse crops require little or no irrigation

Water-efficient source of protein

water to produce 1 lb. of **pulses** 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

It takes **43 gallons** of





1,800 gallons of water to produce 1 lb. of **meat**

It takes roughly 800-

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

Affordability and Food Security The world's growing Over half of all global population will require a pulse production 70% increase in agricultural occurs in developing



production by 2050 Pulses are a staple food around the world, playing a key role in many traditional cuisines



countries Pulses enhance crop diversity, decreasing the risks farmers

U.S. cost per serving of lentils is \$0.10 vs.:

face from environmental and market fluctuations

Cost per serving data sourced from ERS calculations, based on average prices from The Bureau of Labor Statistics

7 for beef



for pork



for chicken

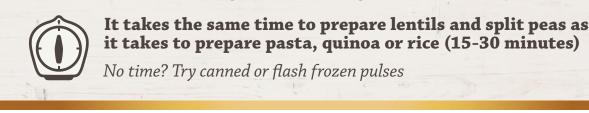
Versatility

The Many Ways to Love Pulses:

Swap half the meat in nearly any recipe with lentils







PULSES

Get more information about the International Year of Pulses, find delicious recipes and learn how to get involved at:





www.pulsepledge.com www.iyp2016.org

www.pulsecanada.com

Pulse Canada









@USAPulses







facebook.com/PulseCanada1