



# The power of pulses

## FIVE WAYS PULSES IMPACT OUR WORLD

### 1. Nutrition

They are rich in proteins, minerals, iron and fibre and are low in fat.

### 2. Health

Pulses not only boost the immune system, they also improve the nervous system and are ideal for diabetics and celiacs.

### 3. Climate Change

Their cultivation helps reduce greenhouse gases and increases carbon sequestration which is good for the planet.

### 4. Biodiversity

In crop rotation, pulses improve the harvest yields of other crops and their residues can be used as feed for animals, thus: zero waste!

### 5. Food Security

Pulses are a low-cost crop for farmers to produce, they flourish in arid lands and have a long shelf life moreover.

# Pulses

NUTRITIOUS SEEDS  
FOR A SUSTAINABLE FUTURE



Food and Agriculture  
Organization of the  
United Nations



2016  
INTERNATIONAL  
YEAR OF PULSES

