

Nine benefits of pulses

1



They have a long shelf life

When stored in airtight containers, pulses can last months, even years, without spoiling.

2



Are good for you!

Pulses are high in dietary fibre thus, they can help prevent obesity, reduce blood pressure and reduce the risk of heart disease.

3



Good news for poor farmers

Pulses' many advantages mean that in times of poor harvest or natural disasters pulses can provide a buffer for farmers.

4



Help other crops to grow

Crops planted alongside pulses reap the benefits and grow faster. Pulses are also deep rooting, which means they do not compete with other crops for water.

5



Cost less to grow

Pulses represent a substantial cost savings for the farmer as they don't have to buy nitrogen fertilizers.

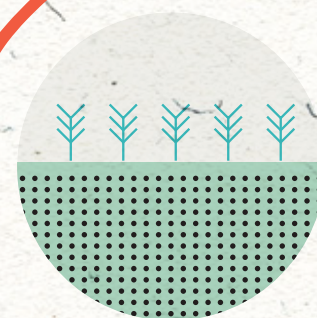
6



'Clean' crops: do not emit greenhouse gases

Pulses have been shown to emit hardly any greenhouse gases (lentils emit 0,9%).

7



Help fertilize soil

Pulses help nitrogen accumulate in the soil. They also release hydrogen gas into the soil, another positive impact on soil biology.

8



Pulses = Zero Waste

Every part of the pulse can be used: the pods can feed people, the shoots used for animal feed or left on the soil as green manure.

9



Need less water to grow

Pulses need 20 times LESS water than animal products to grow.

Pulses

NUTRITIOUS SEEDS
FOR A SUSTAINABLE FUTURE



Food and Agriculture
Organization of the
United Nations



2016
INTERNATIONAL
YEAR OF PULSES