

#WorldPulsesDay

**Good for people,
good for the planet**

#LovePulses

PULSES



NUTRITION

PULSES ARE



Good source of protein

Lentils deliver double the protein per serving of quinoa.



Iron-rich

Black beans per serving contain 1.5 times as much iron as one 3 oz. serving of a flank steak.

High in antioxidants

Red kidney beans per serving have higher antioxidant content than blueberries.

Excellent source of fiber

Pulses have four times more fiber than integral rice.

Good source of potassium

Dry peas per serving contain 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.

[HTTP://WORLDPULSESDAY.ORG](http://worldpulsesday.org)