



NUTRITIONAL BENEFITS OF PULSES



Malnutrition



Is the result of **eating too little, too much or eating an unbalanced diet** that does not contain the right quantity and quality of nutrients to be healthy.

The role of pulses



They are a vital source of plant-based proteins and amino acids for people around the globe and **should be eaten as part of a healthy diet to address obesity, as well as to prevent and help manage chronic diseases.**

MANY CAN BENEFIT FROM EATING PULSES



Infants and young children, to meet their daily nutritional needs.



Vegetarians and vegans, to ensure adequate intakes of protein, minerals and vitamins.



Women at reproductive age, when combined with Vitamin C, pulses' high iron content makes them a potent food for replenishing iron stores.



Celiac patients, pulses are gluten-free.

THE MANY HEALTH BENEFITS OF PULSES

High in dietary fibre

May reduce the risks of coronary heart disease.

Rich in phytochemicals and antioxidants

May contain anti-cancer properties.

Calcium content

The calcium found in pulses contributes to promoting bone health and reducing the risk of osteoporotic fractures.

Presence of Phytoestrogens

May prevent cognitive decline and reduce menopausal symptoms.

Low glycaemic index, low fat & high in fibre

Increases satiety and helps to stabilize blood sugar and insulin levels, making them suitable for people with diabetes and ideal for weight management.

High iron content

Good for preventing iron deficiency anaemia in women and children, when combined with Vitamin C.

Source of vitamins, such as folate

Reduces the risk of neural tube defects (NTDs) like spina bifida in newborn babies.



GETTING THE MOST FROM YOUR PULSES

When other foods are combined with pulses, the nutritional value of pulses is further enhanced or lowered.



Pulses + Grains

The overall protein quality is improved.



Pulses + Vitamin C

Another way of increasing the body's ability to absorb iron (lemon juice on lentil curry for example).



Pulses + Tea/Coffee

Decreases the body's ability to absorb iron and the minerals.

