Nutritional properties of Pulses

Pulses are rich in protein and iron

Pulses are abundantly available and inexpensive in Myanmar

Proteins in pulses can be better used by the body when combined with cereals such as rice

Iron absorption is maximized if pulses are combined with vitamin C-rich foods (for example guava, orange, mango, papaya, pineapple, lemon)

Drinking tea or coffee with meals, on the other hand, has the opposite effect

Consumption of pulses can help prevent anemia, reduce risk of coronary heart disease, and promote bone health, growth and development

Pulses are an excellent complementary food for infants and young children to meet their daily nutritional needs