2016
INTERNATIONAL
YEAR OF PULSES

nutritious seeds for a sustainable future

Food and Agriculture Organization of the United Nations

United Nations
WHAT ARE PULSES?

PULSES are a type of leguminous crop that are harvested solely for the dry seed. Dried beans, lentils and peas are the most commonly known and consumed types of pulses.
WHY ARE THEY IMPORTANT?

Pulses contribute to food security at all levels
They are produced and consumed widely in developing countries.

Pulses have a high nutritional value
They are a critical source of plant-based proteins, amino acids and other essential nutrients.

Pulses have important health benefits
They are recommended for preventing chronic diseases and obesity.

Pulses foster sustainable agriculture and contribute to climate change mitigation
Their nitrogen-fixing qualities can improve soil fertility and produce a smaller carbon footprint.
KEY OBJECTIVES

- Promote the value and utilization of pulses throughout the food system
- Raise awareness about the benefits of pulses, including sustainable agriculture and nutrition
- Encourage connections to further global production of pulses
- Foster enhanced research
- Advocate for better utilization of pulses in crop rotations
- Address the challenges in the trade of pulses
At the 68th session of the General Assembly of the United Nations, 2016 was formally declared to be the “International Year of Pulses” (IYP).

The Food and Agriculture Organization of the United Nations has been nominated to implement the IYP 2016 in collaboration with Governments, relevant organizations, non-governmental organizations and all other relevant stakeholders.

“\n\nThe International Year of Pulses will raise awareness about important crops that are essential for sustainable agriculture and nutrition.\n\nJosé Graziano da Silva, FAO Director-General
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www.fao.org/pulses-2016

#IYP2016