**Pulse**
The word pulse originates directly from the Latin *puls* meaning “thick gruel, porridge, mush.”

**Legume**
refers to the plants whose fruit is enclosed in a pod.

**Pulses**
a subgroup of the legume family; refers only to the dried seed.

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**Water efficiency of pulses compared to other protein sources:**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Water Efficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 kg Lentils</td>
<td>1 250 litres</td>
</tr>
<tr>
<td>1 kg Chicken</td>
<td>4 325 litres</td>
</tr>
<tr>
<td>1 kg Mutton</td>
<td>5 520 litres</td>
</tr>
<tr>
<td>1 kg Beef</td>
<td>13 000 litres</td>
</tr>
</tbody>
</table>

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**Pigeon peas & Bambara beans**
Can be cultivated in very poor soils and semi-arid environments.

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**Surprising facts about Pulses you might not know**

1. **Economically accessible and multipurpose**
   - Farmers who cultivate pulses have the option to both eat and/or sell their harvest.
   - Crop residues from grain legumes can also be used as animal fodder.

2. **Highly water efficient**
   - Pulses species have a broad genetic diversity from which climate resilient varieties can be selected.

3. **Part of the vital web of biodiversity**
   - Intercropping with pulses increases farm biodiversity and creates a more diverse landscape for animals and insects.

4. **Versatile ingredient with long shelf life**
   - Pulses can be stored for months without losing their high nutritional value, providing increased food availability between harvests.

5. **Crops of ancient origin**
   - Pulses have been an essential part of the human diet for centuries.

6. **Foster sustainable agriculture and soil protection**
   - The nitrogen-fixing properties of pulses can improve soil fertility, which improves and extends the productivity of farmland.

7. **Economically accessible and multipurpose**
   - By producing a smaller carbon footprint, pulses indirectly reduce greenhouse gas emissions.

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**Dietary benefits of Pulses**

- **Zero cholesterol**
- **High content of iron and zinc**
- **Rich in nutrients**
- **Rich in minerals and B-vitamins**
- **Low glycemic index**
- **Low fat content**
- **Source of protein**
- **Source of dietary fibre**
- **Gluten free**