

# 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.



**Coeliac 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.

### High iron content

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

### 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.

### 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.



Food and Agriculture Organization of the United Nations



#IYP2016  
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C0049e/1/04.16