



# 2016

## INTERNATIONAL YEAR OF PULSES

*nutritious seeds for a sustainable future*



Food and Agriculture  
Organization of the  
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







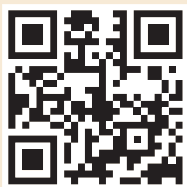
At the 68th session of the General Assembly of the United Nations, 2016 was formally declared to be the "International Year of Pulses" (IYP).

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.

“ *The International Year of Pulses will raise awareness about important crops that are essential for sustainable agriculture and nutrition.* ”

José Graziano da Silva, FAO Director-General

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#IYP2016

[www.fao.org/pulses-2016](http://www.fao.org/pulses-2016)