Water efficiency of pulses compared to other protein sources:

<table>
<thead>
<tr>
<th>Protein Source</th>
<th>Water Litres</th>
</tr>
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<tbody>
<tr>
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<td>1,250</td>
</tr>
<tr>
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<td>1 kg Beef</td>
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</tbody>
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1  Etymology

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

2  Pulses vs. Legumes

**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.

3  Crops of ancient origin

Pulses have been an essential part of the human diet for centuries.

The agricultural production of beans, chickpeas & lentils dates back to 7000 - 8000 B.C.

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  Part of the vital web of biodiversity

Intercropping with pulses increases farm biodiversity and creates a more diverse landscape for animals and insects.

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  Highly water efficient

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8  Unexpected ally against climate change

Pulses species have a broad genetic diversity from which climate resilient varieties can be selected.

By producing a smaller carbon footprint, pulses indirectly reduce greenhouse gas emissions.

9  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.

10 A powerful superfood

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