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.

Presence of Phytoestrogens
May prevent cognitive decline and reduce menopausal symptoms.

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.

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

Calcium content
The calcium found in pulses contributes to promoting bone health and reducing the risk of osteoporotic fractures.

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.