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

nutritious seeds for a sustainable future
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.

Pulses have important health benefits. They are recommended for preventing chronic diseases and obesity. 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:
- Foster enhanced research
- Encourage connections to further global production of pulses
- Advocate for better utilization of pulses in crop rotations
- Address the challenges in the trade of pulses
- Raise awareness about the benefits of pulses, including sustainable agriculture and nutrition
- Promote the value and utilization of pulses throughout the food system