

Affordability and Food Security



The world's growing population will require a 70% increase in agricultural production by 2050



Over half of all global pulse production occurs in developing countries

- Pulses are a staple food and primary source of protein for much of the world's population

- Pulse crops can serve as a food crop, cash crop, fodder crop and rotation crop
- Bountiful pulse production in various global markets means pulses don't have to travel overseas to fulfill domestic demand in the U.S. – or vice versa

U.S. cost per serving of lentils is \$0.10 vs.:



\$1.49
for beef



\$0.73
for pork



\$0.63
for chicken

Cost per serving data sourced from ERS calculations, based on average prices from The Bureau of Labor Statistics and USDA Agricultural Marketing Service Data, as reported by the USDA, July 2015

PULSES



DRY PEAS, BEANS, LENTILS & CHICKPEAS

USA:



@USAPulses



facebook.com/USAPulses



pinterest.com/USAPulses



Instagram @USAPulses

CANADA:



@PulseCanada



facebook.com/PulseCanada1

USA Dry Pea and Lentil Council (USADPLC) is a resource for consumers, foodservice operators and industry members on everything pulse-related.

Get more information about the International Year of Pulses, find delicious recipes and learn how to get involved at:

www.pulsepledge.com/
www.iyp2016.org



AMERICAN PULSE
ASSOCIATION



USA Dry Pea
& Lentil Council

Pulse Canada 

2016

The INTERNATIONAL YEAR OF PULSES

What is a Pulse?

Pulses are the nutritionally-dense edible seeds of legumes, including dry peas, beans, lentils and chickpeas.



DRY PEAS



BEANS



LENTILS



CHICKPEAS

✓ NUTRITIOUS

✓ SUSTAINABLE

✓ AFFORDABLE

✓ DELICIOUS

Nutrition

PULSES ARE:



Good source of protein

Lentils deliver **double the protein per serving of quinoa**

Excellent source of fiber

Dry peas have **4x more fiber than brown rice**

High in antioxidants

Per serving, red kidney beans have **higher antioxidant content than blueberries and pomegranate juice**

Gluten-free; sodium-free; cholesterol-free



Iron-rich

One serving of chickpeas contains **more than twice as much iron as one 3 oz. serving of chicken breast**

Good source of potassium

One serving of dry peas **contains as much potassium as a banana**

Excellent source of folate

Chickpeas contain **3x more folate per serving than kale**

Nutritional information sourced from the USDA Nutrient Database, antioxidant data as published in *Journal of Agricultural and Food Chemistry*, June 9, 2004; All nutritional figures based on ½ cup serving of cooked pulses

Sustainability

PULSE CROPS ARE:



Natural fertilizers

Pulses enrich the soil where they grow, reducing the need for chemical fertilizers



Drought-tolerant and frost-hardy

Pulse crops can grow in harsh environments



Low carbon footprint

Pulse crops have a lower carbon footprint than many other food groups, including most meat and grain products

It takes **43 gallons** of water to produce 1 lb. of **pulses**



Water-efficient source of protein

Pulse crops require little or no irrigation



It takes **1,857 gallons** of water to produce 1 lb. of **beef**

Water footprint figures sourced from Arjen Y. Hoekstra and Ashok Chapagain, *Globalization of Water*, U. of Twente, Waterfootprint.org as reported by National Geographic, April 2010

Carbon footprint data sourced from Environmental Working Group Meat Eater's Guide to Climate Change, 2011

Versatility

How do we love pulses? Let us count the ways.



Swap half the meat in nearly any recipe with lentils or beans.



Add split peas or pea protein to smoothies, or use pea flour to make gluten-free baked goods.



Add chickpeas to pasta, salads and sandwiches.



It takes the same time to prepare lentils and split peas as it takes to prepare pasta, quinoa or rice (15-30 minutes)