Affordability and Food Security



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



Over half of all glo pulse production occurs in developing Over half of all global 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.:













DRY PEAS, BEANS, LENTILS & CHICKPEAS 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























2016

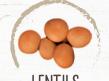
The INTERNATIONAL YEAR OF PULSES

What is a Pulse?

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









CHICKPEAS









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





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**

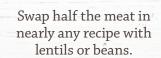
Water footprint figures sourced from Arjen Y. Hoekstra and Ashok Chapagain, Globalization of Water, U. of Twente, Waterfootprint.org as reported by National Geographic, April 2010

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.







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)