

Powerful Pulses



It's hard to find a more nutrient packed food than pulses, the nutritionally dense, edible seeds of legumes including dry peas, beans, lentils, and chickpeas. Each ½-cup serving has up to 9 grams of protein and supplies high amounts of potassium, magnesium, zinc, folate, thiamin, riboflavin, niacin and iron.^{1,2}

Pulses are Packed with Fiber

Pulses have up to 8 grams of fiber per ½-cup serving¹ including both soluble and insoluble fiber. Soluble fiber is easily accessed and metabolized by bacteria in the intestinal tract and is linked to many health benefits including improvements in cholesterol levels, glucose control, and modulation of gut microbiota.^{3,4} Healthy gut microbiota produce short-chain fatty acids (SCFAs) which support the gut barrier and help reduce inflammation.⁴

Love the Planet with More Pulses

- Plant-based proteins, such as pulses, **use less land and produce less greenhouse gasses** than animal-based proteins.⁶
- Pulses are unique in that they store nitrogen from the environment in their roots, making them **beneficial to other crops**.^{6,7}
- Substituting meat with pulses just twice a week **saves money and improves the nutritional quality of the diet while reducing environmental impact**.⁸



Pulses are Affordable

A varied diet with pulses and grains can easily supply all the essential amino acids, and the two don't need to be eaten together in the same meal.^{6,9,10} Compared to animal-based proteins, pulses are more affordable. Check out our **cost comparison of pulses and meats** for ½ cup cooked, ready-to-eat portion of each:^{11,12}



\$1.34

Chicken Breast
boneless, skinless



\$0.79

Ground Beef



\$2.10

Pork Bacon



\$0.11

Lentils



\$0.18

Black Beans



\$0.11

Kidney Beans

By making similar substitutions to replace meat with pulses three times per week, you'll meet your half-cup habit goal and save about \$200 per person per year. A win-win-win for nutrition, finances, and the planet!

Pulses are Packed with Soluble Fiber

1/2

Soluble Fiber in One Half Cup Cooked, Ready-to-Eat Portion⁵



Black Eyed Peas
0.7 grams



**Chickpeas
Garbanzo Beans**
1.9 grams



Black Beans
2.1 grams



Kidney Beans
2.3 grams



Split Peas
2.5 grams



Pinto Beans
2.9 grams



Lentils
3.4 grams

VISIT USAPulses.org/nutrition-professionals for more information and Pulses.org/us/pulse-recipes for more ways to enjoy pulses!



References

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