Pulses Help You Charge Up

**PROTEIN** for strong muscles

**CARBOHYDRATES** for energy

**FIBER** to stay full

**FUN FACT:** American farmers grow over 6 billion pounds of pulses each year! That’s enough to stretch to the moon and back over 120 times!

Pulses are good for the Earth, too! They can reduce the need for fertilizers and help farmers grow new crops next season by improving soil quality.

usapulses.org/schools