

# LOVE PULSES

IN 2016



## MAINTAIN A HEALTHY WEIGHT

Pulses are high in protein, virtually fat-free, and have a low Glycemic Index.



## PROTECT AGAINST DISEASES

Pulses help protect against type 2 diabetes, high cholesterol and certain cancers.



## ENJOY A DELICIOUS, NUTRITIOUS DIET

Pulses are affordable, full of fiber and rich in iron, potassium, magnesium, zinc and B vitamins.



## HELP THE ENVIRONMENT

Pulse crops are incredibly water-efficient, and they help keep soils fertile and healthy.

2016 IS THE INTERNATIONAL YEAR OF PULSES  
Eat More Peas, Beans, Chickpeas and Lentils for People and the Planet!

www.pulses.org  
#LovePulses  
@LovePulses

