

# powerful + pairings

delicious + nutritious + ingenious



## Power Your Plate with Pulses

### Pulses and Nutrition

Pulses pack a powerful nutrition punch. So potent, the United States Department of Agriculture (USDA) considers pulses to be a part of both the Vegetable Group and Protein Foods Group.

	EXCELLENT SOURCE	GOOD SOURCE
Dietary Fiber	✓	
Folate	✓	
Potassium	✓	
Protein		✓
Iron		✓ (most pulses)

In addition to their robust nutritional profile, pulses are excellent options for individuals with nutrition restrictions. For example, they are low glycemic index foods, making them suitable for people with diabetes and ideal for those trying to manage their weight. They are also naturally gluten-free so they are perfect for people with gluten sensitivity.

### What is a pulse?

Pulses, the dry, edible seeds harvested from legume plants, are among the most nutritious, delicious, and versatile crops. The four crops of pulses include some of the most popular varieties:

- + **Dry beans:** Adzuki, Black, Blackeye Peaks, Kidney (Dark Red), Kidney (Light Red), Great Northern, Navy, Pinto, Fava, Small Red, Mung, Lima, Cranberry, Pink
- + **Dry peas:** Split Green, Split Yellow, Whole Green, Whole Yellow
- + **Chickpeas** (also known as Garbanzo beans): Kabuli and Desi
- + **Lentils:** Green, Red, Small Brown, French Green, Black



### 8 Important Health Benefits

Pulses' packed nutritional profile offers a multitude of health benefits. They help with...

- + Cholesterol levels
- + Blood sugar reduction
- + Digestive health
- + Blood cell formation
- + Blood pressure maintenance
- + Muscle mass maintenance
- + Bone health support
- + Daily energy



## Pulses and Versatility

Pulses can be roasted, toasted, boiled, baked, or fried. They can be eaten whole, mashed, or blended. They are so versatile they can be consumed for breakfast, lunch, dinner, snacks, desserts, added as an ingredient in foods and even beverages. Frequently consumed around the globe, pulses have been a staple in cultures worldwide for centuries.



## Pulses and Sustainability

Pulses are as good for the environment as they are for the body. They have one of the lowest carbon footprints of any food group, pulling nitrogen from the air into the soil. They are also good for the earth, enriching the soil as they grow thereby reducing the need for chemical fertilizers and increasing productivity of other crops. In addition, pulses are harvested dry, meaning they are shelf-stable up to two years helping to reduce food waste.



## Pulses Meet USDA's Challenge to Make Every Bite Count!

*Make Every Bite Count* starts with a well-rounded plate. Eating a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives is key, but taste is also important. Nutritious and delicious combinations of pulses, pork and sorghum bring nutrients, textures, and flavors together to create *Powerful Pairings* that bring taste and balance to the plate to fuel the body and mind.



**Powerful Pairings** that include pulses, sorghum, bread products and animal proteins dial up so much great taste, nutrition, and versatility that they make it easier to achieve more family meals.

***Powerful Pairings, when consumed as part of family meals, will have a positive impact on overall health and well-being.***

Research shows that family meals improve family cohesion, communication, and relationships, helping us prepare for uncertainty, manage difficult life moments, and celebrate simple joys together. It is not just eating together, but also preparing meals as a family favorably impacts health.<sup>2,3,4,5,6</sup> Research also shows that people who frequently cook meals at home eat healthier and consume fewer calories.<sup>7</sup> Discover *Powerful Pairings* when you're preparing and sharing your next family meal; sample a new variety of [pulses](#), replace an ordinary side dish with [sorghum](#), incorporate a delicious [grain food](#) and enjoy!

**PowerfulPairings.com**

