

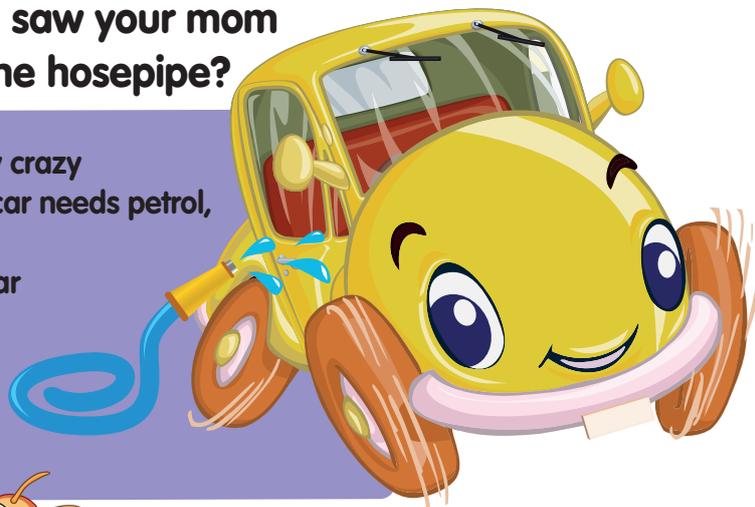
Pulses

the perfect petrol for you

What would you do if you saw your mom filling up her car with the hosepipe?

- A: Stop and stare, because she's gone completely crazy
- B: Try to stop her, because everyone knows your car needs petrol, not water
- C: Tell her that the water is going to destroy her car
- D: All of the above

Most people will probably go for option D! This is because they know that the most valuable things you have must be taken care of.



What is the most valuable thing you own?

Your most valuable possession is something that you only get one of and if it breaks, you must hope it can be fixed. Yes – it's your body and you need it to run smoothly for a lifetime. But just like a car, it needs proper care, and one way to do this is by eating healthily. Pulses (those dry beans, lentils and peas) are the perfect fuel to help keep your body super healthy.

Pulses are protein-packed

You know that muscle is made of protein, but the trillions of cells in your body also use protein for growth, repairs, and for making hormones. Your body can't manufacture all the building blocks of proteins (called amino acids) it needs, so it has to get them from protein sources, like meat. Pulses are more than 20% protein, and combined with something like rice, they provide the full range of amino acids you need to stay healthy.

Healthy carbohydrates, healthy energy

Pulses are 40% carbohydrate (the fuel your body uses for energy). They contain a very healthy type of carbohydrate that releases sugar very slowly into your blood. This is good for everyone, but especially for diabetics.

All the fibre you can dream of

Fibre never gets absorbed by your body. It stays in your intestines and gets passed out the other end. Though it sounds unimportant, fibre is critical because it stimulates digestion, preventing constipation and certain cancers. You can get 50-70% of your daily fibre needs (25 g per day) in a cup of pulses, while a cup of bran flakes only gives you 30% of what you need! As a bonus, pulses contain soluble fibre, which lowers cholesterol, keeping your heart and arteries healthy.

2016 International Year of Pulses

The United Nations declared 2016 the International Year of Pulses so that they can tell everyone about the high nutritional content of pulses. Because pulses can do so much good for the world, they will motivate people to eat pulses as a source of protein and help solve farmers' pulse-growing problems.

A pulse a day keeps the doctor away

Besides having lots of protein, healthy carbohydrates and fibre, pulses are loaded with vitamins B, E and K, calcium and iron, and contain only 1% fat. They help prevent sicknesses like heart disease, type 2 diabetes, and certain cancers. Consider adding this wonder-food to your plate each day!

