**Etymology**

**Pulse**
The word pulse originates directly from the Latin *puls* meaning “thick gruel, porridge, mush.”

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**Pulses vs. Legumes**

**Legume**
refers to the plants whose fruit is enclosed in a pod.

**Pulses**
a subgroup of the legume family; refers only to the dried seed.

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**Crops of ancient origin**

Pulses have been an essential part of the human diet for centuries.

The agricultural production of beans, chickpeas & lentils dates back to 7000 - 8000 B.C.

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**Versatile ingredient with long shelf life**

A key ingredient
in many national and regional dishes such as:
- Baked beans
- Daal
- Chilli
- Falafel

Pulses can be stored for months without losing their high nutritional value, providing increased food availability between harvests.

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**Part of the vital web of biodiversity**

Intercropping with pulses increases farm biodiversity and creates a more diverse landscape for animals and insects.

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**Foster sustainable agriculture and soil protection**

The nitrogen-fixing properties of pulses can improve soil fertility, which improves and extends the productivity of farmland.

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**Highly water efficient**

Water efficiency of pulses compared to other protein sources:

<table>
<thead>
<tr>
<th>1 kg Daal (split peas or lentils)</th>
<th>1 kg Chicken</th>
<th>1 kg Mutton</th>
<th>1 kg Beef</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 litres</td>
<td>4,325 litres</td>
<td>5,520 litres</td>
<td>13,000 litres</td>
</tr>
</tbody>
</table>

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**Unexpected ally against climate change**

Pulses species have a broad genetic diversity from which climate resilient varieties can be selected.

By producing a smaller carbon footprint pulses indirectly reduce greenhouse gas emissions.

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**Economically accessible and multipurpose**

Farmers who cultivate pulses have the option to both eat and/or sell their harvest.

Crop residues from grain legumes can also be used as animal fodder.

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**A powerful superfood**

- Zero cholesterol
- High content of iron and zinc
- Rich in nutrients
- Gluten free
- Rich in minerals and B-vitamins
- Source of protein
- Low glycaemic index
- Low fat content
- Source of dietary fibre

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Food and Agriculture Organization of the United Nations

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