

Athletes



Those who are engaged in casual or competitive sports have an increased need for high quality calories, protein, carbohydrates and micronutrients. The nutrient-dense pulses fit perfectly into an athlete's diet to improve performance and help with healing or recovery from injury. Protein smoothies are often popular with the active crowd; pulses such as cannellini beans and black beans can be easily incorporated into thick tasty smoothies dense with nutrients. Pulse consumption may have a very direct impact on athletic performance [35]:

"Low glycemic index choices may provide a more sustained source of fuel for situations where carbohydrate cannot be consumed during exercise."