







## Nutrition

### PULSES ARE:

- ✓ **Good source of protein**  
Lentils deliver **double the protein per serving of quinoa**
- ✓ **Excellent source of fiber**, including soluble fiber, insoluble fiber and resistant starch, contributing to their prebiotic effects. **All pulses have 4x more fiber than brown rice**
- ✓ **High in antioxidants**  
Per serving, red kidney beans have **higher antioxidant content than blueberries and pomegranate juice**
- ✓ **Iron-rich**  
One serving of black beans contains **1.5 times as much iron as one 3 ounce serving of flank steak**
- ✓ **Good source of potassium**  
One serving of dry peas **contains as much potassium as a banana**
- ✓ **Excellent source of folate**  
Chickpeas contain **3x more folate per serving than kale**
- ✓ **Gluten-free**
- ✓ **Sodium-free**
- ✓ **Cholesterol-free**
- ✓ **Low-glycemic index**

Nutritional information sourced from the USDA Nutrient Database, antioxidant data as published in Journal of Agricultural and Food Chemistry, June 9, 2004; All nutritional figures based on ½ cup serving of cooked pulses

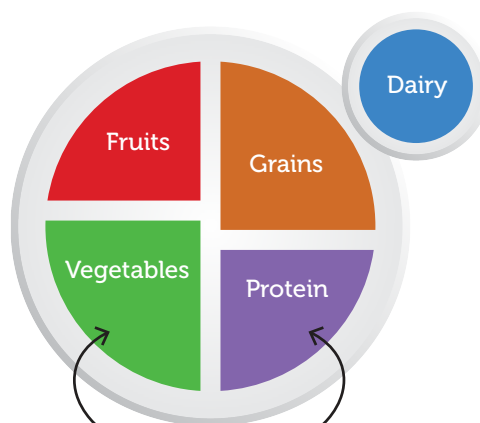
## How Do Pulses Compare?

						
1 SERVING = ½ CUP COOKED	PINTO BEANS	LENTILS	WHITE RICE*	BROWN RICE	POTATO	BROCCOLI
Kcals	122	115	121	109	68	27
Fat (g)	0.5	< 0.5	< 0.5	0.8	<0.5	0.3
Protein (g)	<b>7.0</b>	<b>8.9</b>	2.2	2.6	1.5	1.8
Carbohydrates (g)	22	20	26	23	16	5.6
Fiber (g)	<b>7.7</b>	<b>7.8</b>	0.3	1.8	1.4	<b>2.6</b>
Potassium (mg)	<b>373</b>	<b>365</b>	27	77	<b>296</b>	229
Iron (mg)	<b>1.8</b>	<b>3.3</b>	0.19	0.5	0.24	0.52
Magnesium (mg)	<b>43</b>	36	12	<b>43</b>	<b>17</b>	16

● Highlighted Text ≥ 20% Daily Value  
**Bold Text** ≥ 10% Daily Value

Data from the USDA National Nutrient Database

\* Medium Grain, not enriched



Pulses fit into **MyPlate** eating patterns as both **Vegetables** and **Protein**!

Choose**MyPlate**.gov

