

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

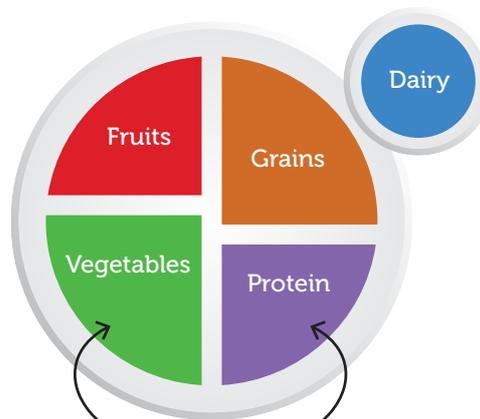
How Do Pulses Compare?



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)	7.0	8.9	2.2	2.6	1.5	1.8
Carbohydrates (g)	22	20	26	23	16	5.6
Fiber (g)	7.7	7.8	0.3	1.8	1.4	2.6
Potassium (mg)	373	365	27	77	296	229
Iron (mg)	1.8	3.3	0.19	0.5	0.24	0.52
Magnesium (mg)	43	36	12	43	17	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!**

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