

# Pulses Help You Charge Up



**PROTEIN**  
for strong muscles

**CARBOHYDRATES**  
for energy



**FIBER** to stay full

**FUN FACT:** American farmers grow over **6 billion pounds** of pulses each year! That's **enough to stretch to the moon and back over 120 times!**

**Pulses are good for the Earth, too!**

They can **reduce the need for fertilizers** and **help farmers grow new crops** next season by **improving soil quality**.



[usapulses.org/schools](https://usapulses.org/schools)