








Pulses vs. Meats

Pulses (dry peas, lentils and chickpeas) go head-to-head with common household meats, battling for nutritional value, cost and flavor. Meet your new, healthy meat alternatives that you'll want to eat every day!

	Pulses				Meat		
	   				  		
FOOD	Beans	Chickpeas	Lentils	Dry Peas	Chicken	Beef	Pork
CALORIES	122	134	115	116	167	143	189
FAT	0.56g	2.21g	<0.5g	0.38g	1.86g	1.62g	3.81g
CHOLESTEROL	0mg	0mg	0mg	0mg	71mg	68mg	57mg
PROTEIN	7.7g	7.27g	8.9g	8.17g	25.3g	24.7g	20.8g
IRON	1.79mg	2.37mg	3.3mg	1.26mg	0.91mg	2.5mg	0.58mg
FIBER	7.7g	6.2g	7.8g	8.1g	0g	0g	0g
COST	\$TBD/Serving	\$0.11/Serving	\$0.07/Serving	\$0.07/Serving	\$0.67/Serving	\$1.07/Serving	\$0.71/Serving

PULSES ARE:

-  An Excellent Source of Fiber
-  A Good Source of Protein

MEAT IS:

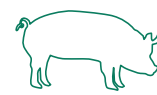
-  High in Cholesterol
-  High in Saturated Fat
-  High in Cost

Cost Savings

Average U.S. cost per serving of pulses is **\$0.10 vs.:**



\$1.49
for beef



\$0.73
for pork



\$0.63
for chicken

In addition to meeting consumer demand for entirely plant-based options, pulses can also be used to extend meat or facilitate meat portion size reduction, helping to cut overall ingredient costs and improve profits.

