Weight Loss

The fiber in pulses help with fullness and the protein content helps with satiety. Consuming pulses matches or beats calorie cutting without the associated hunger [24,25]. From a position paper specific to pediatrics [26], "High glycemic-index foods are associated with a greater increase in blood glucose levels, followed by a rapid decline leading to increased hunger sooner and resulting in increased caloric intake."
Four different trials were conducted with the conclusion: "All studies reported a significant improvement in weight status at completion of the intervention compared with baseline."
The research strongly supports the inclusions of pulses in a weight-management diet [27, 28].

A 2016 study in the American Journal of Clinical Nutrition found that Adding pulses to diets without making other dietary changes contributed to increased weight loss.
The researchers Dr. Russell de Souza, a researcher with the Li Ka Shing Knowledge Institute of St. Michael's Hospital in Toronto concluded:
"The meta-analysis looked at 21 clinical trials involving 940 adult men and women, who lost an average of 0.34 kg (0.75 pounds) over six weeks with the addition of a single serving of pulses to the diet — and without making a particular effort to reduce other foods."