**Pulses (beans, peas, chickpeas and lentils) reduce the risk of chronic diseases and improve human health**

800 MILLION+
people globally suffer from acute or chronic undernourishment 1

2x
WORLDWIDE OBESITY HAS MORE THAN DOUBLED SINCE 1980

#1
CARDIOVASCULAR DISEASES ARE THE NUMBER 1 CAUSE OF DEATH GLOBALLY

9%
IN 2014 THE GLOBAL PREVALENCE OF DIABETES 2 WAS ESTIMATED TO BE 8% AMONG ADULTS 3

70%
The number of new cancer cases is expected to rise by about 70% over the next 2 decades 4

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**Pulses can help IMPROVE NUTRITION, in just one cup, pulses can provide you with...** 2

250 CALORIES

23% PROTEIN

1% FAT

HIGH IN FIBRE

HIGH IN VITAMINS & MINERALS

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**THE HEALTH BENEFITS OF PULSES**

Fe
IRON

K
POTASSIUM

Mg
MAGNESIUM

Zn
ZINC

B1
THIAMIN

B3
NIACIN

B9
FOLATE

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**Pulses are an alternative for the 1 IN 133 PEOPLE who suffer from Celiac disease or gluten intolerance**

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**Pulses have an important role in HELPING COMBAT leading global health issues**

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**CELEBRATE THE INTERNATIONAL YEAR OF PULSES 2016**

WWW.PULSES.ORG

#IYP2016 @LOVEPULSES

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1 The State of Food Insecurity in the World 2014 Food and Agriculture Organization of the United Nations

2 World Health Organization

3 Adult Data from ‘Pulse Canada Pulse Trend Study: Trends in Pulse Consumption 2014’

4 World Health Organization


6 ‘Low anemia prevalence among adolescents of an urban hilly community’ 2007.

7 ‘Obesity and overweight’ WHO Factsheet N°311 January 2015

8 ‘Obesity and overweight’ WHO Factsheet N°311 January 2015

9 ‘Cardiovascular diseases (CVDs)’ WHO Factsheet N°317 January 2015

10 ‘Diabetes’ WHO Factsheet No.312 January 2015

11 ‘Cancer’ WHO Factsheet No.297 January 2015

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