

5

Reasons to Eat More Pulses

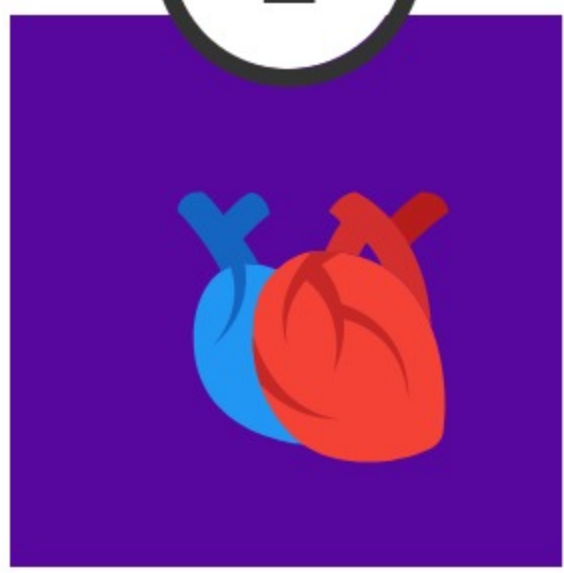
1



Lower Colon Cancer Risk

Pulses are high in fiber, sustain beneficial colon bacteria, and contain phytochemicals to help prevent cancer.

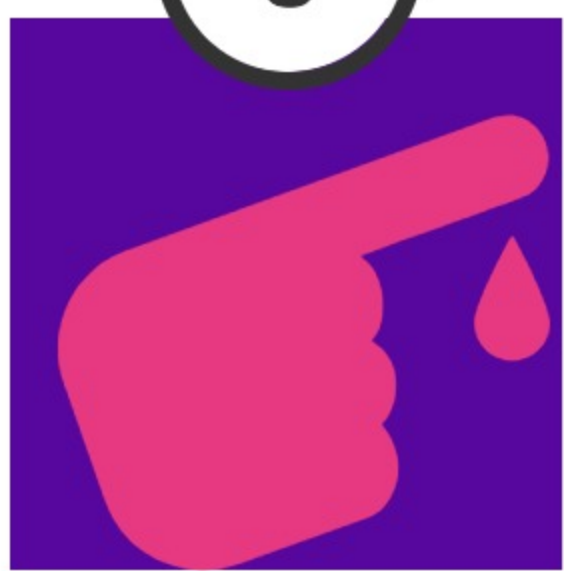
2



Lower Heart Disease

A study of 10,000 men and women found that eating beans 4 times a week lowered the risk of heart disease by 22%*

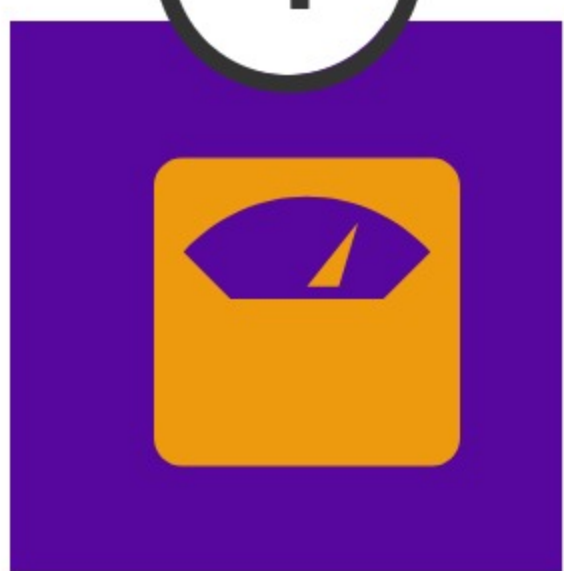
3



Lower Blood Sugar

A meta-analysis of 19 studies found that eating pulses as part of a healthy diet lowered blood sugar levels as well as some diabetes medications

4



Body Weight

Pulses are rich in resistant starches so fewer calories get absorbed. PLUS a meta-analysis of 9 studies found that people who ate pulses felt more full after a meal.

5



Earth's Health

Many scientists find pulses to be a sustainable crop that is beneficial to global climate.

