

# health benefits pulses

## Pulse Grain

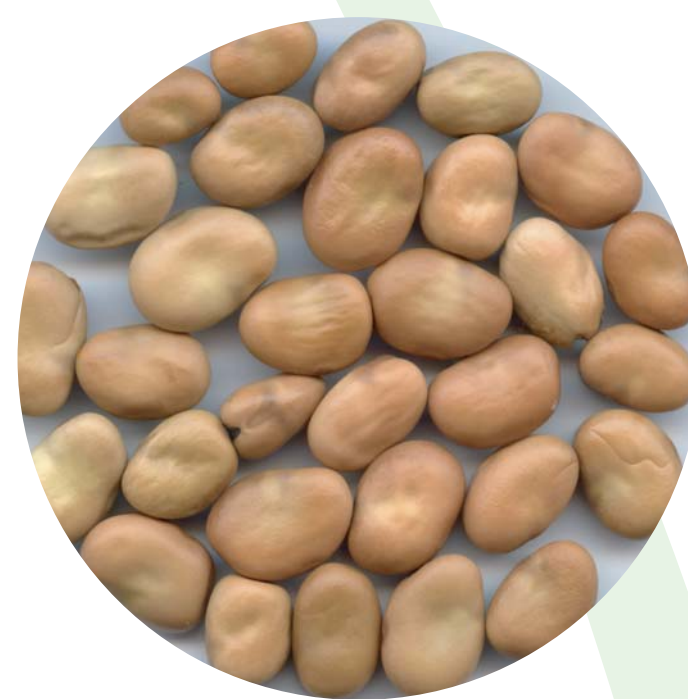
Pulse grain is the edible seed from the pod of a legume crop that is grown for human consumption. Pulses include chickpeas, lentils, peas, faba beans, mung beans and other legume crops. Pulses contain a wide range of nutrients, including carbohydrate (sugars and starches), dietary fibre, protein, unsaturated fat, vitamins and minerals, as well as non-nutrients, such as antioxidants and phytoestrogens.



chana dhal from chickpeas



dun peas



faba beans



green lentils



green peas



red lentils



kabuli chickpeas



lupins



desi chickpeas



white peas

## Health benefits of pulse grains

- Pulses are high in dietary fibre - important for healthy bowel function.
- Pulses contain soluble fibre - lowers blood cholesterol.
- Pulses have a low glycaemic index or GI (<55) - lowers glucose and insulin levels.
- Low GI foods are recommended to avoid hyperglycemia and/or increases in blood insulin levels - risk factors for cardiovascular disease, mortality, and type 2 diabetes.
- Pulses contain antioxidants - vitamin E, selenium, phenolic acids, phytic acids, copper, zinc and manganese.
- Pulses have Phytoestrogens - may help in the prevention of hormone-related cancers, such as breast and prostate cancer.
- Pulses are good sources of folate - useful in the prevention of diseases, such as heart disease, cancer. The B vitamin folic acid significantly also reduce the risk of neural tube defects (NTDs) like spina bifida in newborn babies.
- Chickpeas, faba beans, lentils contain saponins - lower blood cholesterol
- Pulses are gluten-free - they offer a great variety for those on a gluten-free diet (eg for Celiac disease, a gastro-intestinal disorder).



- Pulses suit a vegetarian diet when combined with other foods – need a Vitamin C source for iron absorption; grains, nuts or rice to balance the essential amino acids (methionine and lysine).

Source: Wayne Hawthorne of Pulse Australia  
Go Grains [www.gograins.com.au](http://www.gograins.com.au)  
Pulse Canada

