

# THE ISMAILI NUTRITION CENTRE

## SPOTLIGHT ON PULSES

Pulses include a variety of dried peas, edible beans, lentils and chickpeas.



**Great choice for overall health.**

Low in fat, high in fibre, protein and antioxidants



**Good source of vitamins.** Contain folate (B-vitamin), to help reduce the risk of some forms of anemia and neural tube defects



**Excellent for weight management.**

Increase satiety, stabilize blood sugar and insulin levels



**Rich in iron** and an excellent choice for preventing iron deficiency anaemia



**Good for heart health.** Rich in fibre, and help to reduce LDL cholesterol; a risk factor for coronary heart disease



**Source of phytoestrogens,** which may prevent cognitive decline and reduce menopausal symptoms

Adapted from *The Food and Agriculture Organization of The United Nations – Nutritional Benefits of Pulses, 2016*

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