





SEVERAL DISEASES CAN BE PREVENTED THROUGH GOOD NUTRITION, SUCH AS TYPE II DIABETES AND SOME FORMS OF CANCER.

PULSES ARE GOOD FOR YOUR HEALTH. INCREDIBLY RICH IN THEIR NUTRITIONAL VALUE, THEY ARE SMALL BUT DENSELY PACKED WITH PROTEINS - DOUBLE THAT FOUND IN WHEAT AND THREE TIMES THAT OF RICE.

PULSES ARE AN IMPORTANT PART OF A HEALTHY DIET; THEY ARE RICH IN PROTEIN, DIETARY FIBRE, VITAMINS AND MINERALS.

A TONIC FOR THE BODY

LOW IN FAT AND RICH IN DIETARY FIBRE, PULSES HELP TO MANAGE CHOLESTEROL, DIGESTIVE HEALTH AND REGULATE ENERGY LEVELS.

THEIR IRON CONTENT HELPS TRANSPORT OXYGEN THROUGHOUT THE BODY, WHICH BOOSTS ENERGY PRODUCTION AND METABOLISM.

PULSES ARE ALSO A GOOD SOURCE OF MINERALS THAT HAVE KEY FUNCTIONS FOR THE HUMAN BODY, PARTICULARLY IRON, CALCIUM, MAGNESIUM, ZINC AND POTASSIUM.



