



# Benefits of **pulses**



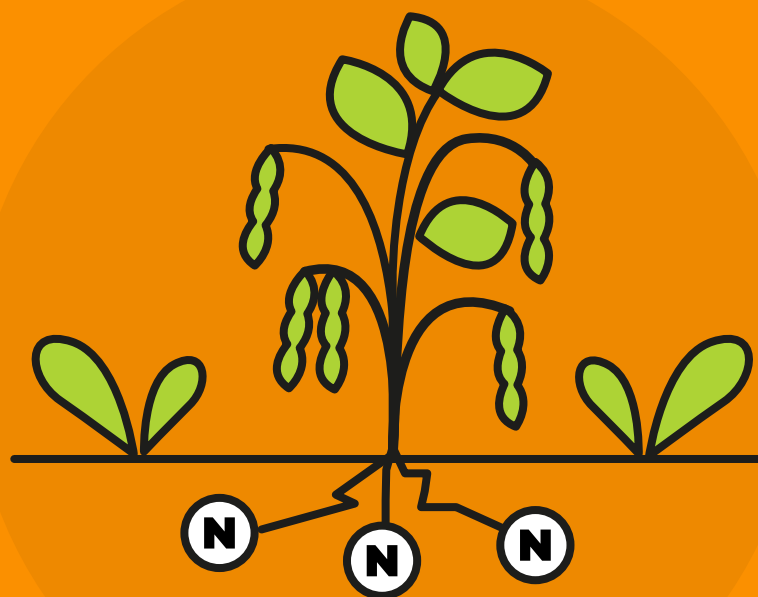
**1**

Have a long  
shelf life



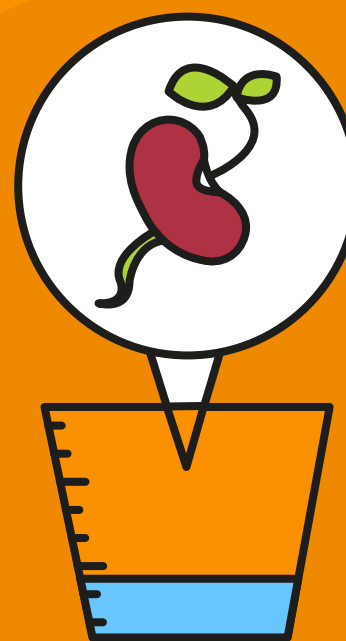
**2**

Are gluten free



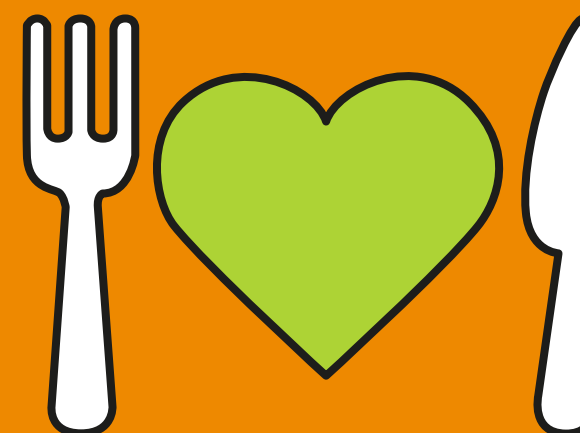
**3**

Improve soil fertility  
through nitrogen-fixation



**4**

Have a small  
water footprint



**5**

Are low in fat  
and sodium



Food and Agriculture  
Organization of the  
United Nations