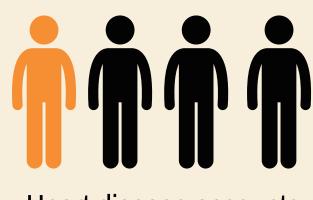
# Check Your Pulses

The heart-healthy benefits of adding pulses to your diet



Heart disease accounts for one in four annual deaths in Canada



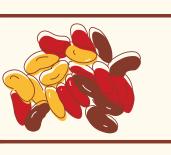
Eating pulses 4x a week can lower cholesterol and reduce your risk of heart disease by 14%

## What are pulses?

Chickpeas, split peas



Dried kidney, pinto, navy, or black beans

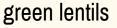


Red, yellow, and



Did you Eating pulses know? helps support the Canadian economy!

Canada is the world's largest supplier of pulses



## Try adding pulses to your diet!

### Aim for **130g** or **1/2 cup** per day





**Choose** canned or dried pulses

Remember to rinse your canned pulses to reduce sodium content



Try adding pulses to soups, salads, curries and more!

## More reasons to love pulses

Affordable: 1 serving of lentils costs 1/10 of a serving of beef



Nutritious: low fat, high in protein and fibre, rich in iron, folate, potassium



Sustainable: plant-based protein source with a low carbon footprint



#### Visit www.pulsecanada.com for simple and delicious pulse recipes!

Sources: Ha, V., Sievenpiper, J. L., de Souza, R. J., Jayalath, V. H., Mirrahimi, A., Agarwal, A., Jenkins, D. J. A. (2014). Effect of dietary pulse intake on established therapeutic lipid targets for cardiovascular risk reduction: A systematic review and meta-analysis of randomized controlled trials. Canadian Medical Association Journal (CMAJ), 186(8),

ESS2=ES2. doi:10.1603/cmaj.131727 Pulse Canada (2020) Producers and Industry. Retrieved from: http://www.pulsecanada.com/producers-industry/ World Health Organization (WHO) (2018). Non-communicable disease country profiles 2018 - Canada. Retrieved from: https://www.who.int/nmh/countries/2018/can\_en.pdf?ua=1

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