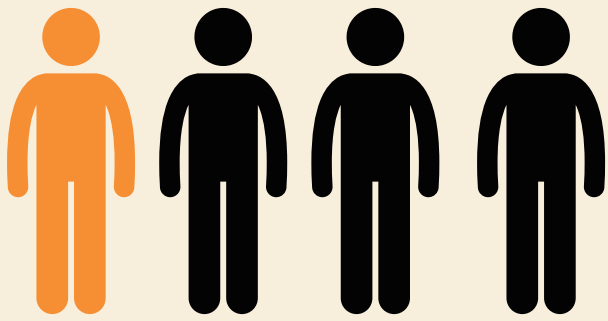
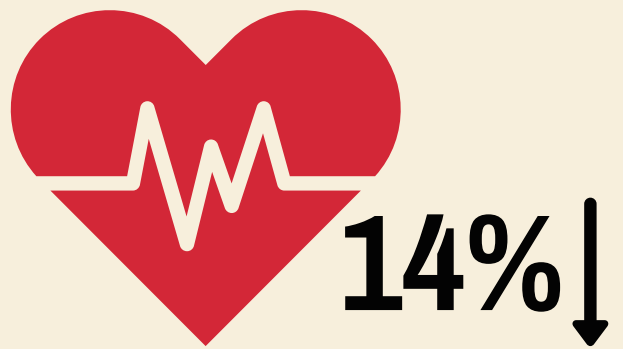


Check Your Pulses

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?

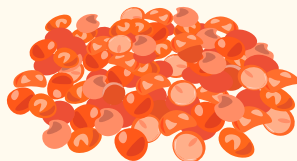
Chickpeas, split peas



Dried kidney, pinto, navy, or black beans



Red, yellow, and green lentils



Did you know?

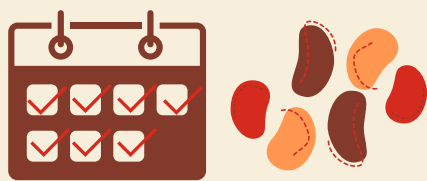
Eating pulses helps support the Canadian economy!



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!