

Fuel your body:
Choose beans & pulses
for nutrient-rich meals

Pulses are nutritious, affordable, and easy-to-cook foods rich in protein, fiber and vitamins that support growth and overall health.



Local examples:

Moong dal (Green gram), Chana dal (Bengal gram), Masoor dal (Red lentils), Rajma (kidney beans), Kabuli chana (Chickpeas) & Toor dal (Pigeon peas).



Benefits:

- High in Protein – Protein helps build muscles and repair the body.
- Good source of Fiber – better digestion and feeling of fullness.
- Rich in Vitamins & Minerals – Iron, Potassium, Folate (Vitamin B9), Magnesium
- Heart health & Weight management– low in fat content, gives satiety and lowers bad cholesterol.
- Keeps blood sugar steady – raise blood sugar slowly, a good choice for people with diabetes.



Caution:

- Individuals with sensitive digestion — increase intake gradually
- Individuals with kidney issues or gout — portion control matters



Pro tip:

- Always soak and eat in boiled form.
- Bioavailability increases when combined with rice, wheat & millets

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