

Pulses-2016

2016 International Year of Pulses

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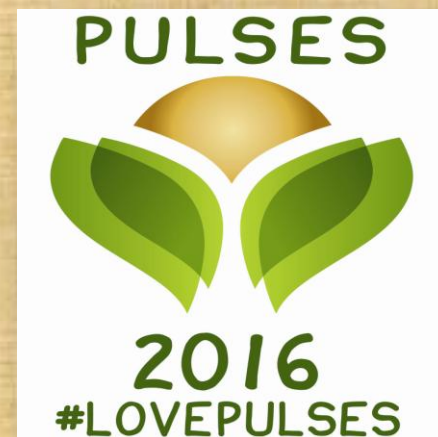
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International Year of Pulses 2016

- The 68th UN General Assembly declared 2016 the International Year of Pulses (IYP)

The Food and Agriculture Organization of the United Nations (FAO) has been nominated to facilitate the implementation of the Year in collaboration with Governments, relevant organizations, non-governmental organizations and all other relevant stakeholders.



Pulses

- The IYP 2016 aims to heighten public awareness of the nutritional benefits of pulses as part of sustainable food production aimed towards food security and nutrition. The Year will create a unique opportunity to encourage connections throughout the food chain that would better utilize pulse-based proteins, further global production of pulses, better utilize crop rotations and address the challenges in the trade of pulses.



They are good for consumers?

- Try to rehabilitate this article bean family, the food in this category begin to be forgotten. We would like to just say that the restaurants never big hotels are not lacking: the food of beans, lentils or peas and soybeans gained and place it permanently healthy eating.

It does not look delicious?



You knew that...

- This category of foods (legumes) family consists of beans: beans, lentils, peas, soybeans, chickpeas etc. Legumes (like cereals otherwise) tend to disappear from the menu of modern man. In addition, in our country, because of the ease with which they cultivate their high availability and therefore, legumes and have earned a reputation as a poor man's food. Hence the idea that they are a food of low quality, second hand, unlike animal products, which are regarded as the most valuable.

But the reality is that...

- legumes are some of the foods rich in nutrients. Incidentally it is interesting that the foods we are willing to pay the most - meat, dairy, eggs, rafinate- products are the most harmful, while the cheapest food - grains and legumes - are the most healthy and nutritious . And it's not a small thing that, following the food pyramid
- vegetarian, we spend less money for a healthier meal.

Family consists of beans



BEANS



CHICKPEAS



SOYBEANS



PEAS



LENTILS

Important information for those wishing to lose weight!

Are you ready?

- Moderate consumption of legumes is recommended for weight loss because of their high fiber content due to give satiety and keep blood sugar stable for a long time, preventing sugar cravings.



***I hope I have convinced you to look
from another perspective
consumption of pulses***

- Bibliography:
 - <http://www.fao.org/pulses-2016/en/>
 - <http://www.worldclass.ro/worldclass-life/blog-valentin-vasile/post-leguminoasele-%E2%80%93-unele-din-cele-mai-nutritive-alimente> 644

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