



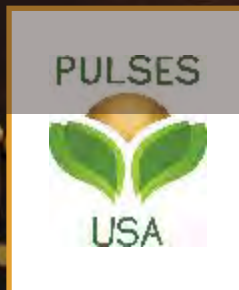
The Top 10 Benefits of Pulses

From Lentils & Chickpeas to Dry Peas & Beans

January 27, 2021 | 2-3 p.m. ET

USA Dry Pea & Lentil Council was approved by the CDR to offer 1.0 CPEU for this webinar.

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Education

- B.S. in Dietetics, University of California, Davis
- Dietetic Internship, University of Minnesota
Hospital & Clinics
- M.S. in Nutrition Communication, Tufts University
School of Nutrition Science & Policy

Employment History

- Fleishman Hillard, 1997-1998
- Rippe Lifestyle Institute, 1998-2000
- Dole Food Company, 2000-2005
- California Walnut Commission, 2005-2007
- The Culinary Institute of America, 2007-2014
- Farmer's Daughter Consulting, 2014-present



Financial Disclosures

- Academy of Nutrition and Dietetics Research DPG – honorarium for webinar
- American Egg Board / Egg Nutrition Center - *consultant*
- Bayer Crop Science – *L.E.A.D. Network Member, consultant*
- Bayer Vegetable Seeds – *Horticultural Advisory Council member*
- Beef Checkoff– *member of Beef Expert Bureau, honoraria for speaking*
- California Foundation for Agriculture in the Classroom – *honoraria for speaking*
- Dairy Council of California – *honoraria for speaking*
- Dole Packaged Foods, LLC - *consultant*
- Duda Farm Fresh Foods, Inc. - *consultant*
- Hinoman USA - *consultant*
- HZPC Americas Corp. - *consultant*
- National Dairy Council – *Ambassador, consultant*
- National Resource Center on Nutrition and Aging – *consultant*
- North American Meat Institute - *honorarium*
- Pacific Northwest Canned Pear Service – *consultant*
- Phoenix Media Network / *Produce Business Magazine* – *columnist, honoraria for speaking*
- Potatoes USA – *honoraria for speaking*
- Produce for Better Health Foundation – *consultant*
- Texas A&M AgriLife – *External Advisory Board member*
- The Culinary Institute of America – *consultant*
- University of California Davis Honey and Pollination Center – *honoraria for speaking*
- **USA Pulses / USA Dry Pea & Lentil Council – *consultant, honorarium for this webinar***



Learning Objectives

After attending this webinar, participants will be able to:

1. Cite at least three nutrition and health benefits of pulses (e.g., dry peas, dry beans, lentils, and chickpeas).
2. Discuss budget-friendly benefits of cooking with pulses.
3. List at least three consumer-friendly tips for cooking with pulses.
4. Cite two resources for RDNs and consumers who are seeking more information on pulses.

Suggested Performance Indicators

1.3.2 — Recognizes the strengths and limitations of a customer.

6.2.5 — Applies research/evidence-based findings to improve practice, service delivery, and health and nutrition of customers.

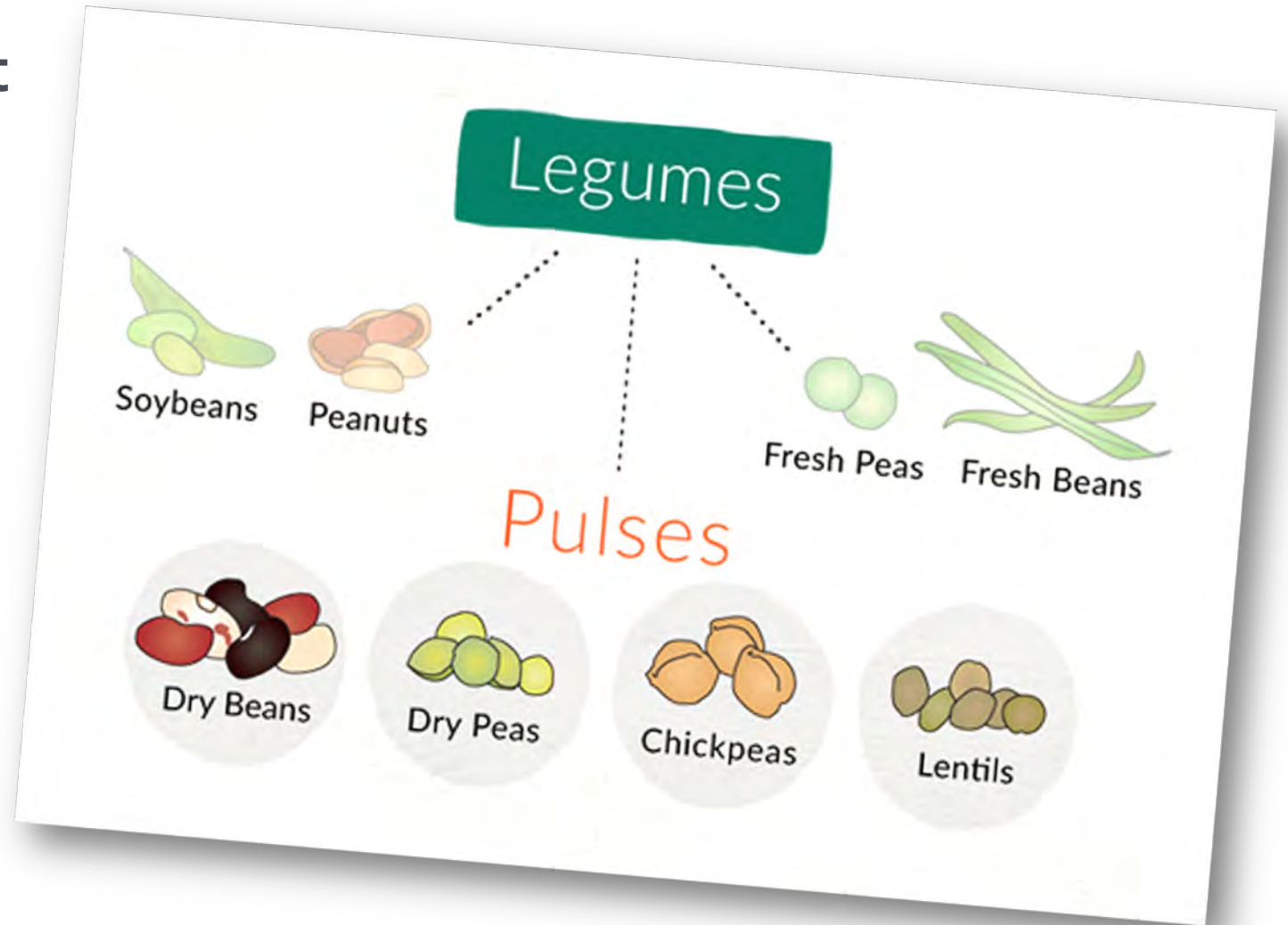
8.1.3 — Interprets and applies current food and nutrition science and principles in dietetics practice.

8.4.3 — Demonstrates and applies knowledge of culinary practices to effect behavioral change, taking into consideration customer needs and demands.



What's the difference between a legume and a pulse?

- A *legume* refers to a plant from the *Fabaceae* family.
- A *pulse* is the dry, edible seed from a legume plant that is harvested dry.



The Top 10 Benefits of Pulses

1. Pulses can count as either a vegetable or protein source.
2. Pulses provide a good source of protein.
3. Pulses are an excellent source of dietary fiber.
4. *Most* pulses are a good source of iron.
5. Pulses are natural sources of zinc, magnesium, and choline.
6. Pulses are naturally gluten-free.
7. Pulses are a low-cost ingredient.
8. Pulses are a very versatile ingredient.
9. Pulses can help reduce food waste.
10. Pulses are sustainable, eco-friendly crops.



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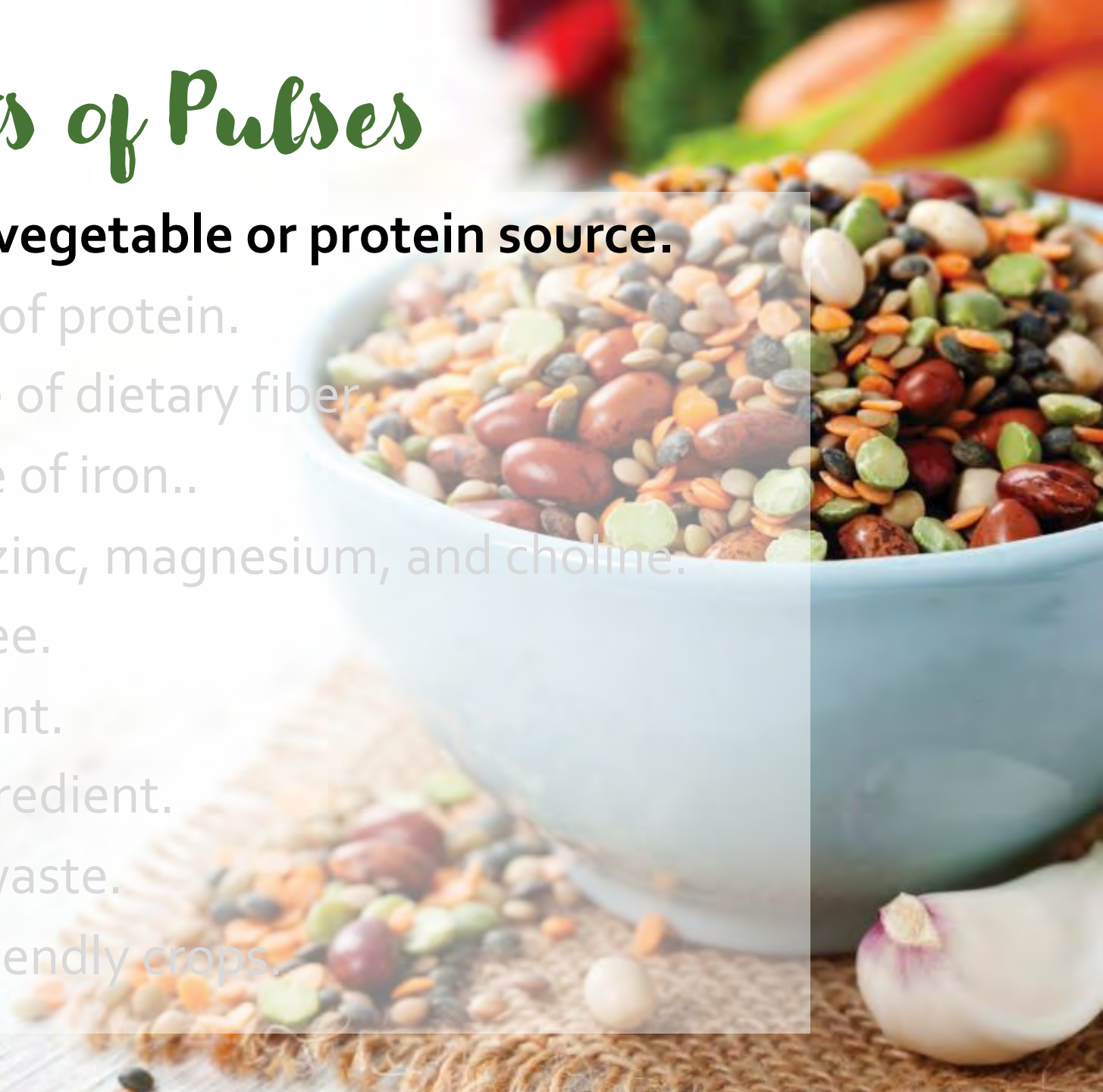
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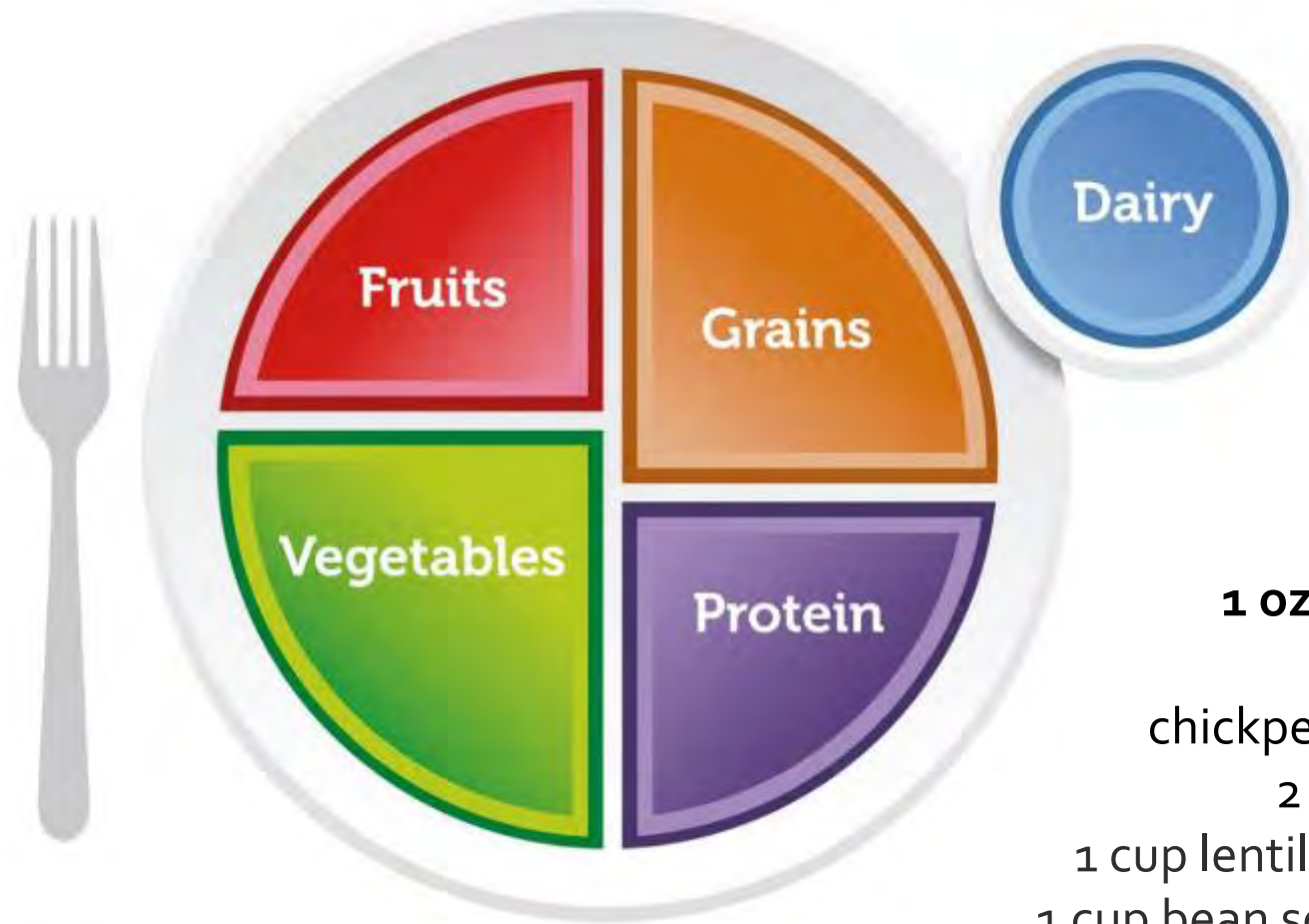
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Pulses can count as either a vegetable or protein source.



1 vegetable serving =
1 cup cooked lentils,
chickpeas, dry peas, or
beans

1 oz. protein equivalent =
 $\frac{1}{4}$ cup cooked lentils,
chickpeas, dry peas, or beans;
2 tablespoons hummus;
1 cup lentil soup = 2 oz-equivalent
1 cup bean soup = $\frac{3}{4}$ oz-equivalent
1 cup split pea soup = 1 oz-equivalent



**Americans who eat more pulses
are more likely to meet their nutrient needs.**

- NHANES data show beans, peas, and legumes are consumed in relatively small amounts, at an average of 0.1 cup eq/day (or < 1 tablespoon).
- Americans reporting 3 meals per day were more likely to have higher intake of several adequacy components, including total vegetables, greens and beans, compared to Americans who eat 2 meals per day.

How Pulses Fit Into USDA Food Patterns

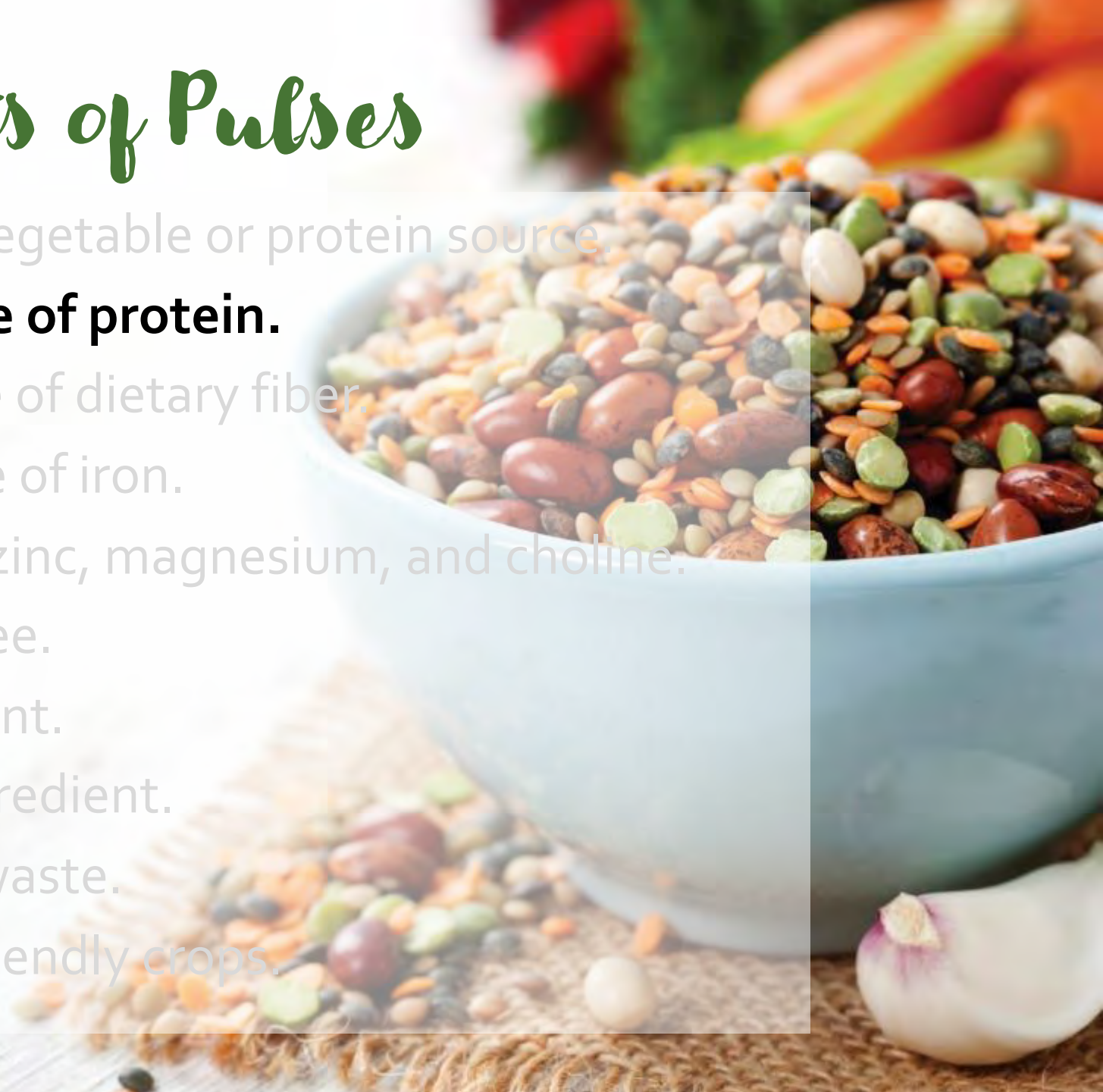
Food Group	Healthy U.S. Style Pattern 2,000 calories/day	Vegetarian Pattern 2,000 calories/day	Mediterranean-Style Pattern 2,000 calories/ day
Vegetables (cups/week) • Beans, peas, lentils	1.5	1.5	1.5
Protein Foods (oz eq/week) • Beans, peas, lentils		6 1.5 cups / week	

Sources: (1) Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC. (2) [Dietary Guidelines for Americans, 2020-2025](#) (3) [Vegetables | MyPlate](#)



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Pulses provide a good source of protein.

A “good source” provides 10-19% of the Daily Value (50 grams).

Pulse	Blackeyed Peas	Chickpeas	Kidney Beans	Lentils	Pinto Beans	Split Peas	Black Beans
Portion	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked
Protein (g)	7	7	8	9	8	8	8
% Daily Value	14%	14%	16%	18%	16%	16%	16%

A Quick Pulse Protein Quiz

- 1. Which contains more protein?**
 - a. $\frac{1}{2}$ cup of cooked black beans
 - b. $\frac{1}{2}$ cup of cooked corn
- 2. Which contains more protein?**
 - a. $\frac{1}{2}$ cup of cooked lentils
 - b. $\frac{1}{2}$ cup of cooked quinoa
- 3. Which contains more protein?**
 - a. $\frac{1}{2}$ cup of chickpeas
 - b. $\frac{1}{2}$ cup of cooked brown rice



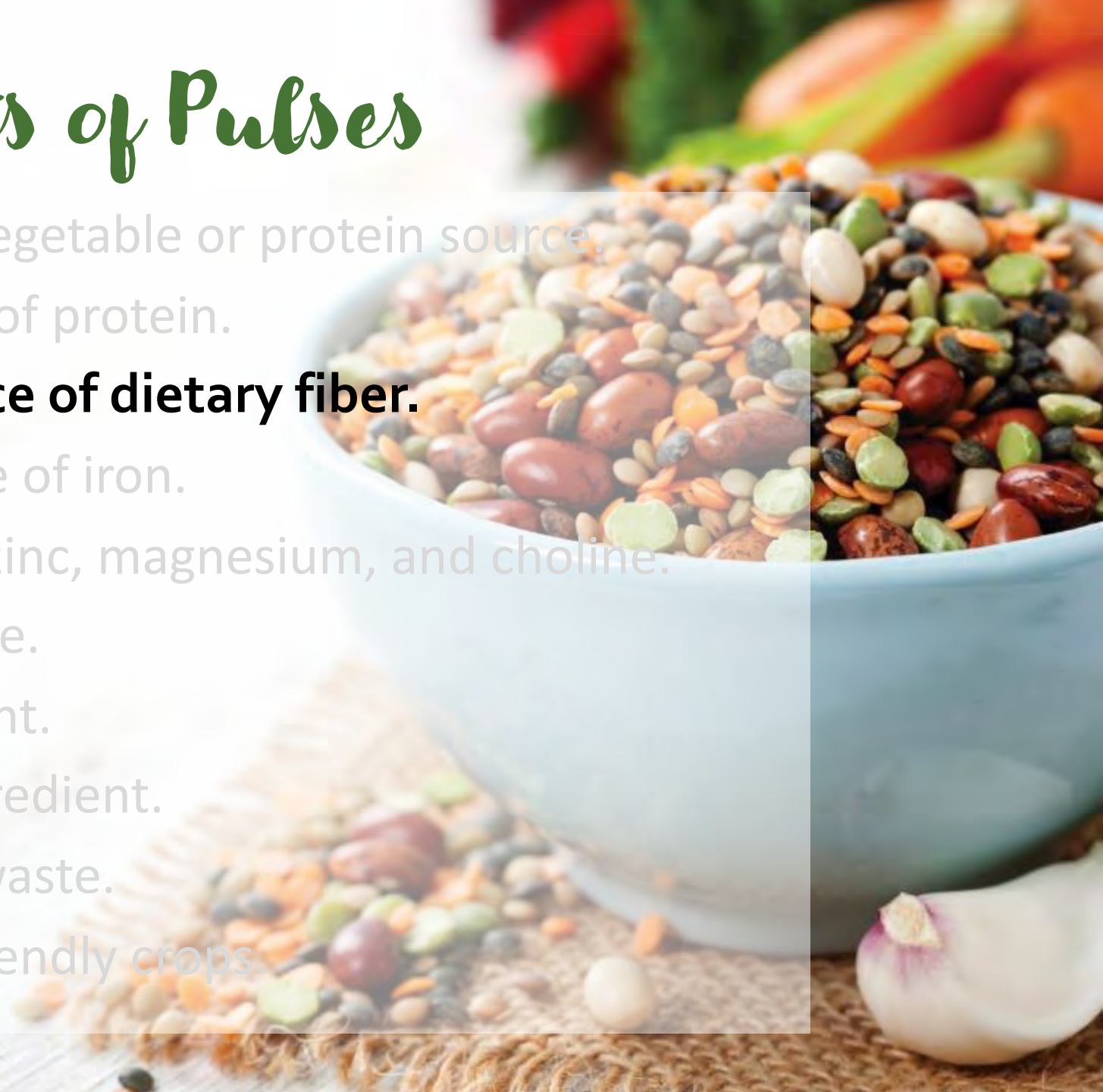
A Quick Pulse Protein Quiz

- 1. Which contains more protein?**
 - a. ½ cup of cooked black beans (8 grams)***
 - b. ½ cup of cooked corn (2.5 grams)
- 2. Which contains more protein?**
 - a. ½ cup of cooked lentils (9 grams)***
 - b. ½ cup of cooked quinoa (4 grams)
- 3. Which contains more protein?**
 - a. ½ cup of chickpeas (7 grams)***
 - b. ½ cup of cooked brown rice (2.5 grams)



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Pulses are an excellent source of dietary fiber.

An “excellent source” provides 20% or more of the Daily Value (25 grams).

Pulse	Blackeyed Peas	Chickpeas	Kidney Beans	Lentils	Pinto Beans	Split Peas	Black Beans
Portion	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked
Fiber (g)	6	6	6	8	8	8	7
% Daily Value	21%	21%	21%	29%	29%	29%	25%

Adequate Intake (AI) for Fiber

Men, ages 19-50 = 38 g/day

Women, ages 19-50 = 25 g/day

Nutrients of Public Health Concern

Nutrients of *Substantial* Public Health Concern for all Americans age 1 and older:

- Vitamin D
- Calcium
- **Dietary fiber** (mean intake = 16.4 g/day)
- Potassium

Nutrients Under-Consumed by the Entire Population:

- Magnesium
- Choline
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K

Nutrients Under-Consumed by Females of Reproductive Age:

- Iron
- Folate

Nutrient Under-Consumed by Adolescent Girls:

- Protein

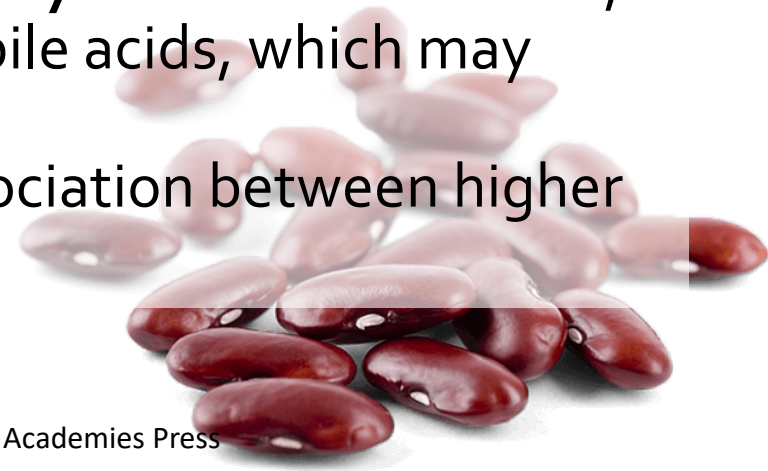
Nutrient Under-Consumed by Older Adults

- Protein
- Vitamin B12



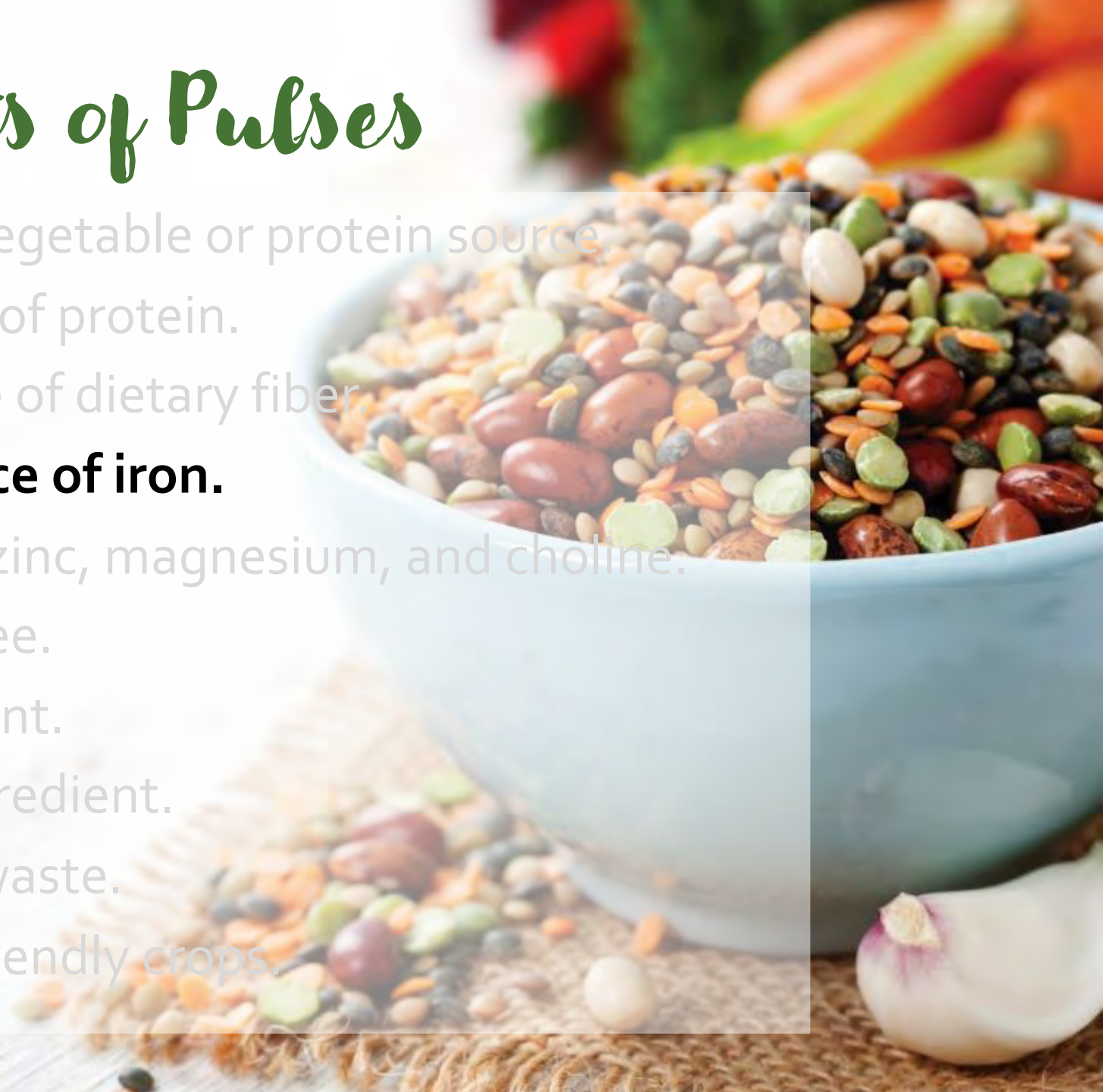
A Quick Primer on Fiber

- ***Dietary Fiber*** is defined as nondigestible carbohydrates and lignin that are intrinsic and intact in plants.
- ***Functional Fiber*** is defined as isolated, nondigestible carbohydrates (e.g., inulin) that have been shown to have beneficial physiological effects in humans.
- ***Total Fiber*** is the sum of *Dietary Fiber* and *Functional Fiber*.
- Viscous (e.g., soluble) fibers **delay the gastric emptying** of ingested foods into the small intestine, which can result in a **sensation of fullness**. This delayed emptying effect also results in **reduced postprandial blood glucose concentrations**.
- Viscous fibers can also **interfere with the absorption of dietary fat and cholesterol**, as well as the enterohepatic recirculation of cholesterol and bile acids, which may result in reduced blood cholesterol concentrations.
- The Adequate Intake (AI) for dietary fiber is based on the association between higher intakes of fiber and **reduced risk of coronary heart disease**.



The Top 10 Benefits of Pulses

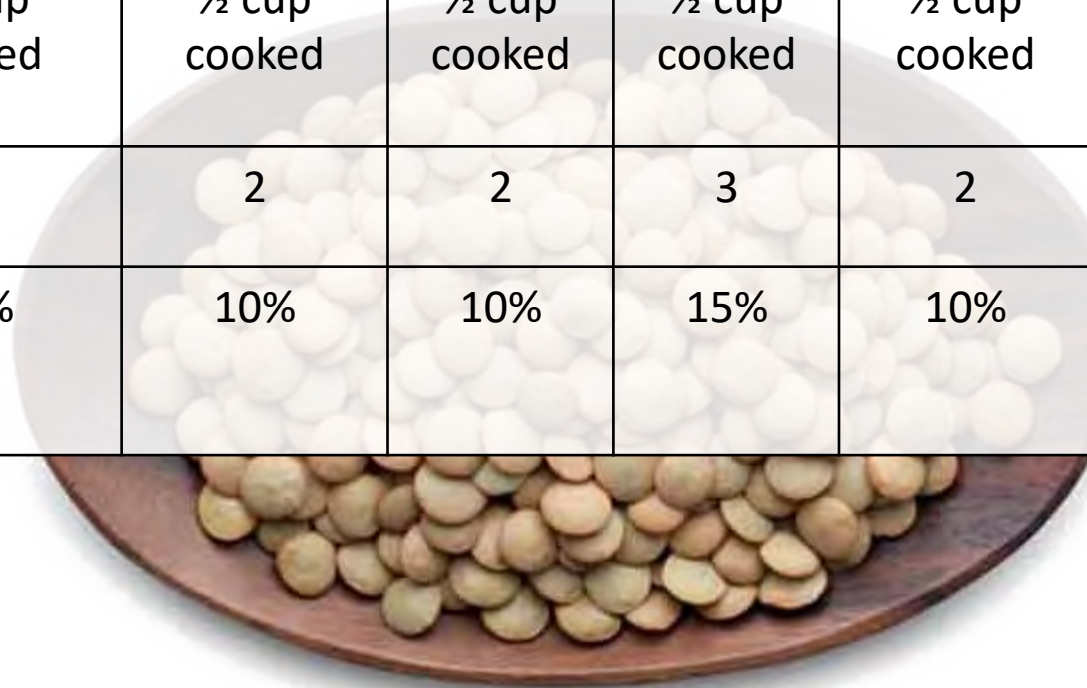
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Most pulses are a good source of iron.

A “good source” provides 10-19% of the Daily Value (18 mg).

Pulse	Blackeyed Peas	Chickpeas	Kidney Beans	Lentils	Pinto Beans	Split Peas	Black Beans
Portion	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked
Iron (mg)	2	2	2	3	2	1	2
% Daily Value	10%	10%	10%	15%	10%	6%	10%



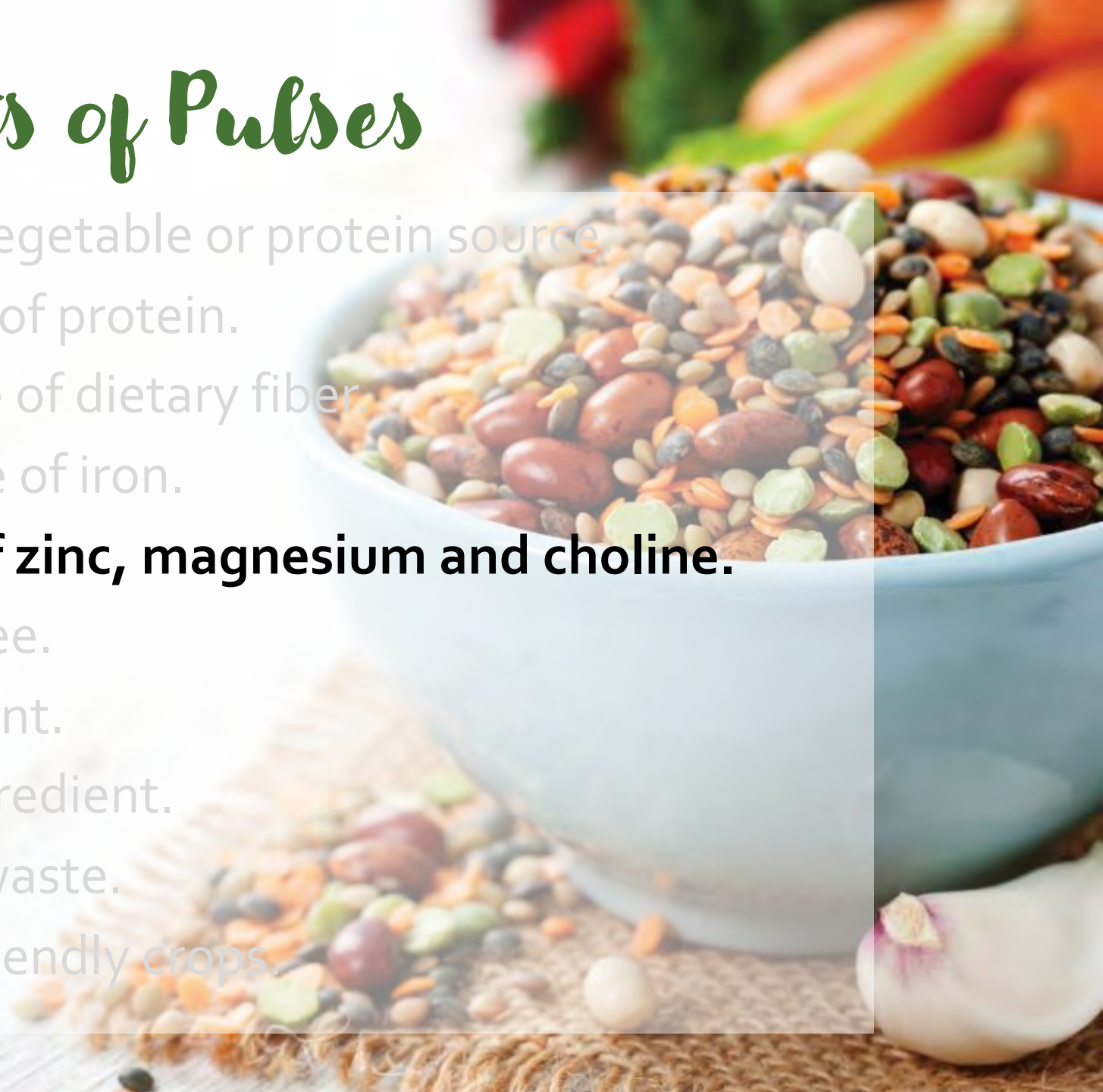
Heme versus Non-Heme Iron in Foods

- Heme iron is found in blood and muscle.
- Non-heme iron comes from plant-based sources.
- Heme iron is more bioavailable.
- The absorption of non-heme iron can be improved by combining foods rich in vitamin C—like canned tomato products—with foods that contain non-heme iron.
- **Cooking in cast iron can increase iron intake;** iron leaches from the pan into the food, especially when vitamin C-rich ingredients are used in cooking.
- The iron requirement for people who eat a vegetarian diet is approximately twice that of people who consume non-vegetarian diets.



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Pulses are natural sources of zinc, magnesium, and choline.

DAILY VALUE	Pulse	Blackeyed Peas	Chickpeas	Kidney Beans	Lentils	Pinto Beans	Split Peas	Black Beans
	Portion	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked
11 mg	Zinc (mg)	*	1.03	0.93	1.1	0.84	0.89	0.97
420 mg	Magnesium (mg)	*	40	45	30	50	32	60
*	Choline (mg)	*	35	46	28	31	29	28

The Adequate Intake (AI) for choline, as established by the Food and Nutrition Board of the National Institute of Medicine, for adults is **550 mg per day for men and breastfeeding women; 425 mg per day for women; and 450 mg per day for pregnant women.**



Pulses are natural sources of zinc, magnesium, and choline.

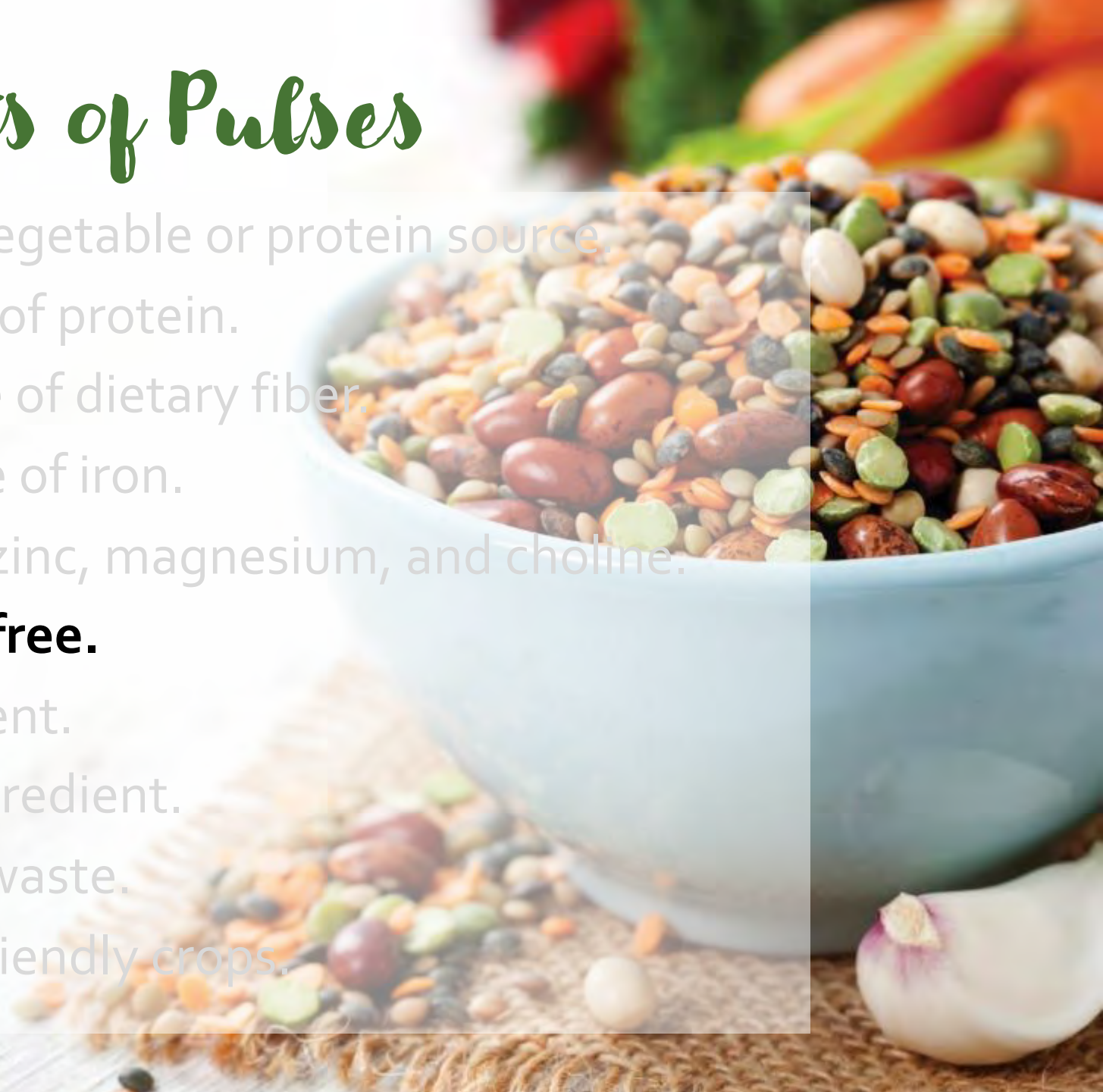
- **Zinc:** under-consumed by most Americans
- **Magnesium:** under-consumed by most Americans, especially women who are pregnant and lactating
- **Choline:** intake of choline is below the Adequate Intake (AI) for several segments of the population, including pregnant and lactating women

“Encourage women to consume foods and beverages that are good sources of iron, folate, calcium, choline, magnesium, protein, fiber, and other potential shortfall nutrients.”

Scientific Report of the 2020 Dietary Guidelines Advisory Committee, Chapter 2, Strategies for Women of Reproductive Age

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Who needs or wants gluten-free foods?

- People with celiac disease (1% of U.S. population or 3.3 million Americans).
- People with non-celiac gluten sensitivity (1-3% of U.S. population or 3.3 million to 10 million Americans).
- In the IFIC 2020 Food & Health Survey, 6% of respondents reported following a gluten-free diet sometime in the past year.

Sources: www.celiac.com

[Non-celiac gluten sensitivity - Harvard Health](#)

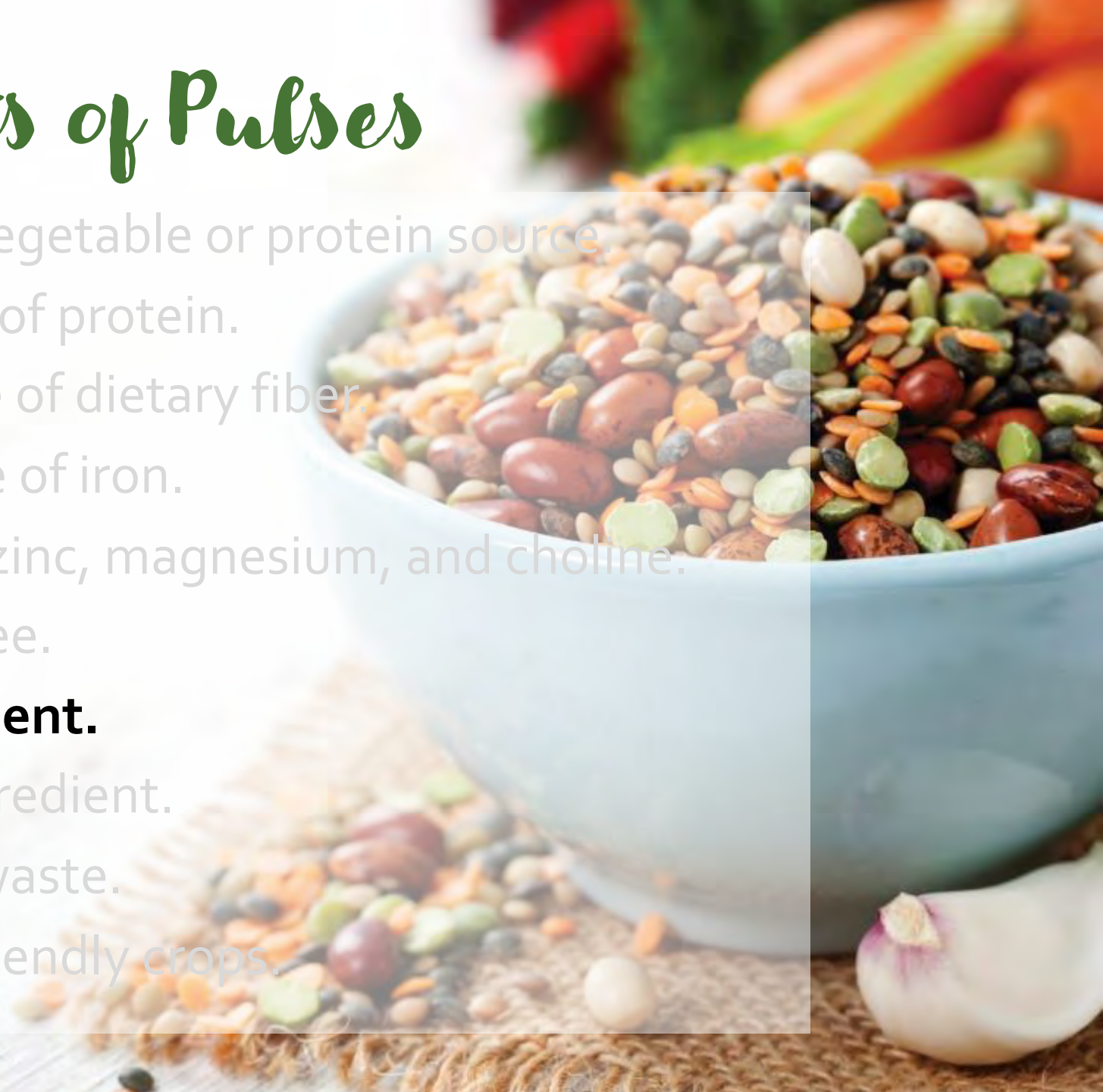
[International Food Information Council 2020 Food & Health Survey](#)





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Price Per Pound Depends on Processing

PULSE	DRY	CANNED	FROZEN	FLOUR
Blackeyed Peas	\$2.19/pound	\$0.98/15.5 oz. can	\$1.98/pound	\$25.00 (eBay price)
Chickpeas	\$1.99/pound ~10% moisture	\$1.99/15.5 oz. can	n/a	\$2.99/pound ~10% moisture
Kidney Beans	\$2.19/pound	\$0.98/15.5 oz. can	n/a	n/a
Lentils	\$2.29/pound	n/a	n/a	n/a
Pinto Beans	\$2.98/pound	\$0.98/15.5 oz. can	n/a	n/a
Split Peas	\$1.99/pound	n/a	n/a	n/a
Black Beans	\$1.69/pound 12 servings \$0.14/serving	\$0.98/15.5 oz. can 3.5 servings \$0.28/serving	\$1.98/pound 3.5 servings \$0.57/serving	\$9.99 (Amazon price)

GET COOKING

3 EASY STEPS TO COOK SPLIT PEAS



1. Rinse split peas with water—no need to soak!
2. Combine split peas and water, bring to a boil.
For every cup of split peas, use 2 cups of water.
3. Simmer for 35–40 minutes.

TIP: $\frac{1}{2}$ cup dry = 1 cup cooked

[DOWNLOAD "HOW TO COOK SPLIT PEAS" \(359 KB\)](#)

Source: [Get Cooking - USA Pulses](#)



THE CORONAVIRUS CRISIS

For Hungry Americans Across The Country, Food Insecurity Crisis Deepens

December 14, 2020 3:47 PM ET
Heard on All Things Considered

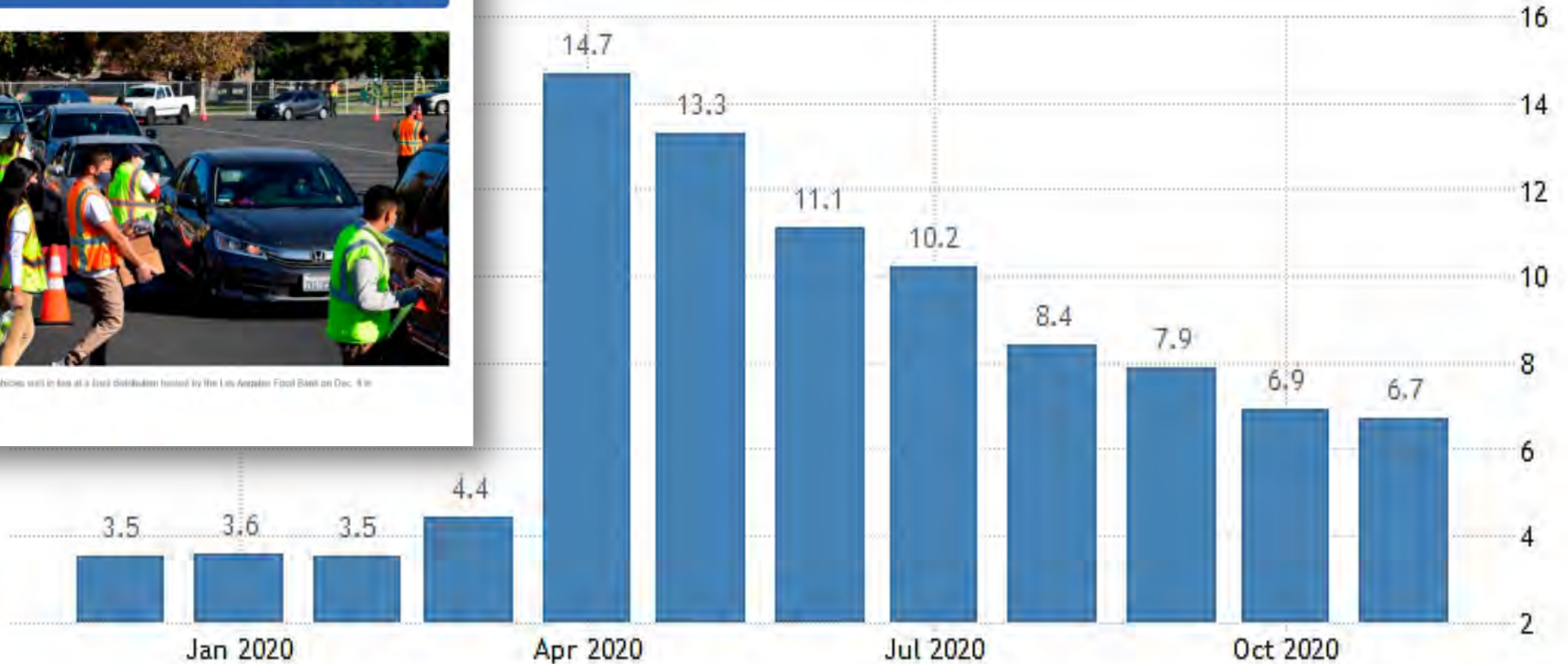
JONAKI MEHTA AILSA CHANG

8-Minute Listen + PLAYLIST



Food is loaded as drivers in their vehicles wait in line at a food distribution hosted by the Los Angeles Food Bank on Dec. 8 in Holliston Heights, Calif.
Photo © 2020 AP/Wide World Photos

U.S. Unemployment Rates, January – October 2020



SOURCE: TRADINGECONOMICS.COM | U.S. BUREAU OF LABOR STATISTICS



Make Food Dollars Go Further with Pulses

Combining protein-rich pulses like beans, dry peas, lentils, and chickpeas with favorite proteins like meat, poultry, and seafood can help keep food budgets on track. Try these tips for combining animal protein foods with pulses for a flavorful nutrition boost that is easy on the budget.

Cheer for Chili

Double the amount of beef-based chili you make without doubling the cost by adding in pinto beans, kidney beans or black beans. This adds flavor, texture, and a budget-friendly protein boost that pairs well with beef.

Try a Little Tenderloin

Pork tenderloin is a super lean cut of meat. Cube it, sear it in oil, and then cook it the oven or a slow cooker with beans or lentils, canned tomatoes, and some oregano or thyme for a savory supper to serve over mashed potatoes or rice.

Chickpeas Love Chicken

You can add chickpeas to nearly any chicken dish from curries and chilis to chowders and casseroles. Adding drained, rinsed chickpeas to a ready-to-eat chicken salad from the deli. It's a great way to boost nutrition and extend the servings in a salad most people love.

Loaf Around with Lentils

The next time you make meatloaf add in lentils. They help keep the meatloaf moist, and they add important nutrients like additional protein (from plants!) and fiber.

Meatball Madness

Whether you make your meatballs with beef, pork, or a combination of the two, add in mashed lentils or beans. You'll make more meatballs, and they'll be moister, juicier, and more nutrient rich, too.

Smart Seafood Strategies

Canned tuna plus chickpeas with a little mayo and relish makes an awesome tuna sandwich. Create more budget-friendly nutrient-rich servings per meal by mixing canned salmon with mashed chickpeas or lentils and breadcrumbs to make delicious salmon burgers. Combining canned shrimp, tartar sauce, and chickpeas is another way to stretch your seafood dollar.

Find more tips & resources in this guide [available here.](#)



A Guide to

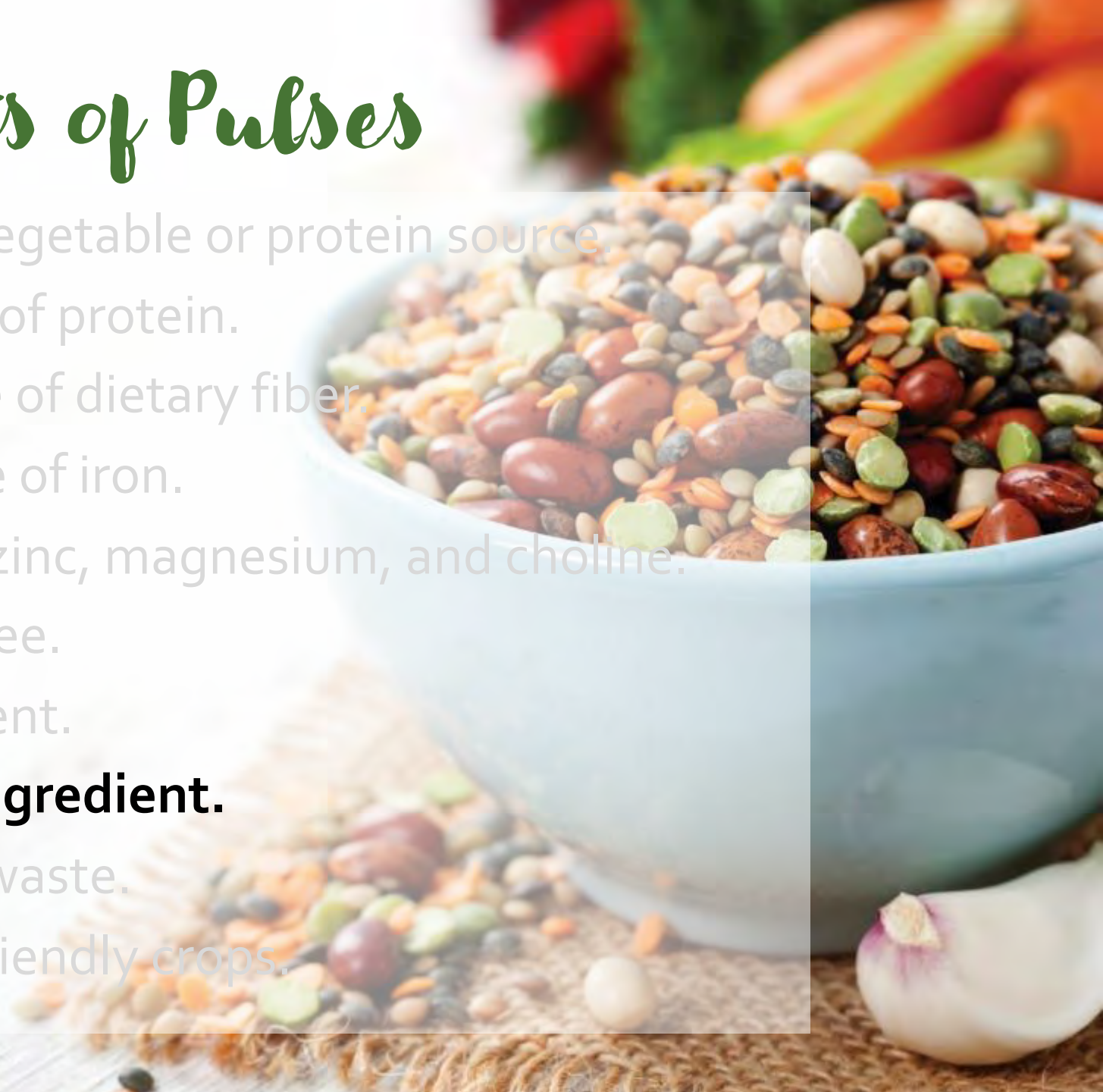
PEAS, LENTILS, CHICKPEAS & BEANS

for Food Bank & Pantry Staff



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The Versatility of Pulses

DAY PARTS

MEAL PARTS

WORLD CUISINES

Breakfast

Appetizers

AFRICA: Egypt, Ethiopia, Morocco, South Africa

Brunch

Drinks

ASIA: China, India, Japan, Myanmar, Singapore

Lunch

Desserts

AUSTRALIA

Dinner

Entrées

MIDDLE EAST: Israel, Lebanon

Snacks

Salad

EUROPE: Belgium, France, Greece, Italy, Macedonia,

Sandwiches

Netherlands, Portugal, Spain, Ukraine, United Kingdom

Sauces

NORTH AMERICA: Canada, Mexico, United States

Smoothies

SOUTH AMERICA: Argentina, Brazil, Chile, Colombia,

Snacks

Peru, Venezuela

Soup & Stews

You can find recipes for these countries [here](#).

Chickpea Hummus



“Consumers of chickpeas and/or hummus have been shown to have higher nutrient intakes of dietary fiber, polyunsaturated fatty acids, vitamin A, vitamin E, vitamin C, folate, magnesium, potassium, and iron as compared to non-consumers.”

Source: Wallace TC, et al. [The Nutritional Value and Health Benefits of Chickpeas and Hummus](#). *Nutrients*. 2016 Nov 29;8(12):766.

Creamy Pinto Bean Dip



Black Bean Quesadilla



Black Bean Quinoa Salad



Crispy Lentil Meatballs





Pinto Bean Enchiladas

Lentil Lasagna





*Lentil Penne Pasta
with Parmesan and Basil*

Split Pea Soup



White Bean Salad





Mango Coconut Smoothie Bowl



Spiced Pumpkin Cheesecake Brownies

The Versatility of Pulses

PREPARED FOODS

Breads and Baking Mixes & Flours

Burritos and Enchiladas

Cereals, Chips & Crackers

Dips, Sauces, and Spreads

Frozen Meals and Entrees

Pea Protein Powders

Pulse-Based Milk Alternatives

Pastas

Soups & Stews

Tortillas

And so much more!



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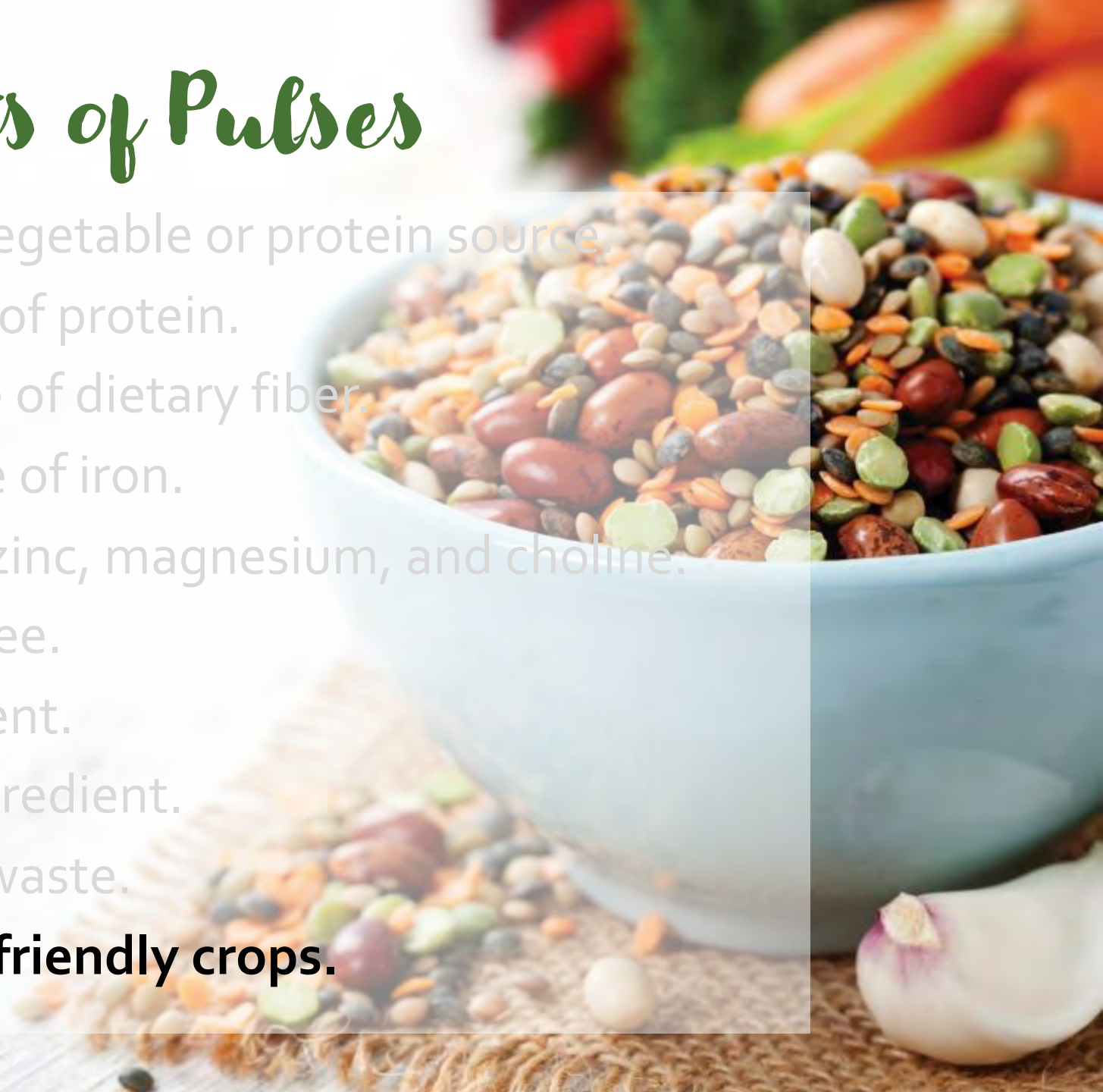
Pulses can help reduce food waste.

- According to USDA, dry pulses are shelf stable for one to two years *at a minimum*.
- Canned pulses are shelf stable for 3 to 5 years after canning.
- Buying dry pulses in bulk can also reduce packaging waste.



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#WorldPulsesDay

Good for people,
good for the planet

#LovePulses



SUSTAINABILITY PULSE CROPS ARE...



Soil enrichers

Pulses enrich the soil where they grow, reducing the need for chemical fertilizers



Drought-tolerant and resistant to cold weather

Pulse crops can grow in harsh environments



Low carbon footprint

Pulse crops have one of the lowest carbon footprints of any food group



It takes 43 gallons of water to produce 1 lb. of pulses



Pulse crops require little or no irrigation

Source of protein + Water efficient

It takes roughly 800-1,800 gallons of water to produce 1 lb. of meat

Water footprint figures sourced from: Arjen Y. Hoekstra and Arjoon C. M. Pagan, Globalization of Water, U. of Toronto, Waterfootprint.org as reported by National Geographic, April 2010. Carbon footprint data sourced from: Nilpani D. Bhandari, T. Westhoek, H. The price of protein, Food Policy 2012, vol. 37, issue 6, pages 760-770

[HTTP://WORLDPUSESDAY.ORG](http://worldpulsesday.org)

World Pulses Day February 10, 2021

Celebrating Sustainable Pulse Production Around the World

Join the Celebration on World Pulses Day!

1. Tie into **American Heart Month** promotions and outreach.
2. Talk about your love of pulses with family, friends, colleagues, clients and patients.
3. Share recipes and tips for enjoying pulses via social media; use the hashtag **#worldpulsesday**.
4. Show people how you love to eat pulses by eating them on World Pulses Day!

Burmese Samusa Soup



Photo credit: Greg Dupree

Get the recipe here: foodandwine.com/recipes/burmese-samusa-soup

The Top 10 Benefits of Pulses

1. Pulses can count as either a vegetable or protein source.
2. Pulses provide a good source of protein.
3. Pulses are an excellent source of dietary fiber.
4. *Most* pulses are a good source of iron.
5. Pulses are natural sources of zinc, magnesium, and choline.
6. Pulses are naturally gluten-free.
7. Pulses are a low-cost ingredient.
8. Pulses are a very versatile ingredient.
9. Pulses can help reduce food waste.
10. Pulses are sustainable, eco-friendly crops.





Additional Pulse Resources

If you need more information, social media inspiration, access to research, or recipes, here are some wonderful sources:

- [A Guide to Peas, Lentils, Chickpeas & Beans for Food Bank and Pantry Staff](#)
- [USA Pulses Recipes](#)
- [USA Pulses Health Professional Resources](#)
- www.usapulses.org
- [Half Cup Habit](#)
- [World Pulses Day](#)
- www.facebook.com/USAPulses
- <https://twitter.com/USAPulses>
- <https://www.instagram.com/USAPulses>



A Few #DYK Facts About Pulses

- One serving of dry peas contains as much **potassium** as a banana.
- Chickpeas contain 1.5 times more **folate** than kale.
- Chickpeas have 2.5 times as much **iron** as chicken.
- Black beans provide 4 times as much **fiber** as brown rice.
- A ½ cup of lentils contains more **protein** than a large egg.
- Pulses **require less nitrogen** than other crops; they create their own fertilization by pulling nitrogen from the air and into the soil.
- Pulses are a **drought-tolerant crops**; they extract water from a shallower depth, leaving more water deep in the soil for other crops.





The Top 10 Benefits of Pulses

From Lentils & Chickpeas to Dry Peas & Beans

January 27, 2021 | 2-3 p.m. ET

USA Dry Pea & Lentil Council was approved by the CDR to offer 1.0 CPEU for this webinar.

Amy Myrdal Miller, MS, RDN, FAND | Founder & President
Farmer's Daughter Consulting | Carmichael, California

Questions?



@AmyMyrdalMiller



www.FarmersDaughterConsulting.com



www.usapulses.org



Join Us: *Thursday, February 4, 2021 @ 2 p.m. ET*

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Joint Webinar Series: Part 1 of 2

**Navigating the 2021 Standards
of Medical Care in Diabetes**

Lifestyle Modification for Adults with Type 2 Diabetes

Presented by Kathy Warwick, RDN, CDCES, on Thursday, February 4, 2021

The background image features a collage of fresh fruits (grapes, apples, tomatoes, broccoli) on the left, a stethoscope in the center, and a medical chart with a grid and text on the right. A red circular badge in the top right corner contains the text 'EARN 1 CPEU per part'. The main title is in large, bold, blue letters with a white outline. The subtitle is in red, italicized font. The presenter information is in a yellow banner at the bottom.

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