

It's the Year of the Pulses

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In 2016, the United Nations General Assembly voted to declare it as the “International Year of the Pulses”. But what is a “pulse”? Pulse is the term for the edible seeds of legumes (plants with pods) and includes lentils, chickpeas, dry peas and beans.

Do you think beans are just used for chili? Think again. We need to eat more of them, and here are a few reasons why:

- 1) Pulses are packed with nutrients and are a low fat source of protein, fibre, vitamins and minerals, including iron, potassium and folate – essential for growing bodies.
- 2) Pulses are inexpensive. As an alternative to meat products, pulses cost much less and can be stored for months (canned or dried) without losing nutritional value.
- 3) Pulses are local. Did you know Canada is the leading producer of pulses!
- 4) Canada's Food Guide recommends eating pulses often, as alternatives to meat. How much? One serving of pulses (cooked) equals $\frac{3}{4}$ cup (175 ml). Adults should aim for 2-3 servings per day, and children 1-2.

If your family members are not bean eaters, try introducing beans gradually into their diet. Cook the beans and add them to your favourite pasta or soup dish, or try blending them and adding as a thickener to your soup.

Are your children or family members a fan of hummus? Get them to help you make this delicious homemade version: <http://bit.ly/1mXHilD>. Fun for the entire family as well as a classic party favourite!

For more easy recipes that you can try with your family at home, please visit our Nutrition Corner at <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>

About Breakfast for Learning:

One million Canadian children – that's 1 in 6 – face hunger every year, which has huge impact on a child's health and ability to learn and function. Established in 1992, Breakfast for Learning is a national charity that helps address child hunger by funding breakfast, lunch, and snack programs in high-needs schools. Breakfast for Learning is committed to ensuring children and youth in Canada attend school well nourished and ready to learn, helping them reach their full potential in the classroom and in life. For more information please visit www.breakfastforlearning.ca