

SDG 13: Take urgent action to combat climate change and its impacts

Global Pulse Confederation

It's Time to Eat Pulses for the Planet

One food source which bridges being both healthy for people and the planet are pulses. Pulses are a vital source of plant-based proteins for people around the globe and help prevent chronic diseases such as diabetes, coronary conditions and cancer.

Chickpeas, beans, lentils, and other pulses have nitrogen-fixing properties which can contribute to increasing soil fertility and have a positive impact on the environment. Pulses also have numerous other environmental benefits including a low carbon footprint. New more resilient strains of pulse seeds, like the White Gold Bean, which has been so successful in Ethiopia, have been developed to help farmers fight the impact of climate change.

The UN Food and Agriculture Organization has declared 2016 the International Year of Pulses (IYP) to further global production of pulses, increase the efficiency of crop rotations, and address trade challenges. The Global Pulse Confederation (GPC) has been a proud contributor to FAO and the work on the International Year. GPC has partnered with the International Development Research Centre (IDRC) of Canada. Together with leading researchers from all over the world, a new 10-Year Pulse Research Strategy has been drafted to advocate for accelerated pulse research investments and focus funding for pulses where it is needed.