

PULSES:

Sustainable Foods for a Plant-Forward Future

Ardent Mills continues to build a more sustainable future with the products we offer. Pulses like chickpeas and lentils are high-protein, nitrogen-fixing crops that are a part of the legume family. A highly nutritious food, pulses offer a low environmental impact on soil.

WATER EFFICIENCY

Compared to most other crops, pulses need very little water. One pound of pulses requires an average of 43 gallons of water, while the same amount of soybeans requires nearly 5x that amount.

Source: USA Pulses



WHAT ARE PULSES?

Pulses are a class of ingredient; the edible seeds of legume plants, they include chickpeas, beans, lentils, and peas.



CLIMATE IMPACT

Crops of pulses are famously effective at fixing nitrogen in soil, reducing or eliminating the need for nitrogen fertilizers and significantly lowering their overall greenhouse gas emissions.

Source: The Global Pulse Confederation

PLANT-BASED NUTRITION

Pulses aide a shift to plant-forward nutrition, providing a sustainable, multi-functional, and low-fat source of protein, fiber, vitamins, and minerals.

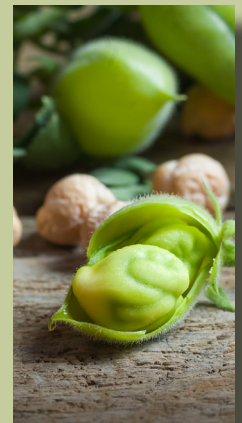
Looking for ways to integrate pulses into your products? **Pulses can deliver amazing functional benefits, as in the case of chickpea protein** serving as a clean-label alternative to hydrocolloids like gums and modified starches.

Source: Mintel

SOIL HEALTH & PRODUCTIVITY

Did you know pulses can free phosphorus, and break disease, weed and insect cycles? When planted as a rotational crop, pulses help increase microbial biomass, reduce erosion, bolster water retention, and aid in delivering higher growth yields.

Source: Food and Agriculture Organization of the United Nations



Interested in exploring Ardent Mills' portfolio of sustainable ingredients?
Visit us online to learn more.

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