

## MEDIA RELEASE

Grains & Legumes Nutrition Council, Level 1, 40 Mount Street, North Sydney,  
NSW 2060 Ph: (02) 9394 8661 Web: [www.glnc.org.au](http://www.glnc.org.au)

GIVE PEAS A CHANCE THIS WORLD PULSES DAY!

7 February 2019

10 February marks the first ever World Pulses Day, a global event to celebrate pulses as a nutritious, sustainable food, and the Grains & Legumes Nutrition Council (GLNC) are encouraging Australians to eat more legumes and pulses, starting with the humble pea.

Pulses are the dried seeds of legumes, which include varieties like chickpeas, lentils, beans, and peas – including fresh, frozen, and canned green peas.

Considered a dietary hybrid, legumes and pulses are packed with plant-protein, dietary fibre, and vitamins and minerals, making them unique by fitting into two food groups - both vegetables, and protein-rich meat alternatives. And according to GLNC Nutrition Manager Felicity Curtain, more Australians are reaping the benefits of legumes than ever before.

“Around 28% of Australians eat legumes, a figure that has steadily risen over the years, however we still have a way to go. GLNC recommends enjoying 100g (half a cup) of cooked legumes 2-3 times per week, which means we need to increase the amount we eat by an estimated 470% to meet these targets.”

Ms Curtain, an Accredited Practising Dietitian, said a common barrier to eating legumes is not knowing how to use them, so peas are a great place to start.

“Most of us have grown up eating peas, and probably still use them in cooking regularly, but few of us think of them as the nutrition powerhouses that they are!”

She said just half a cup of peas provides an average of 6g of dietary fibre - a fifth of our daily requirements.

“Peas are so easy to add taste, texture and nutrition into everyday meals like pasta, salads, risotto, soups and frittatas, and there’s no question that the whole family loves them!”

Peas naturally lend themselves to fresh summer cooking. So whether you use fresh, frozen or dried, why not add a handful to your next recipe!

- ENDS -



**10 ways with peas:**

1. Add a good handful of green peas to your [pasta](#)
2. Smash those peas and use them to top your toast!
3. Pep up your salad and add some fresh green peas for a summery feel
4. Pack your stir-fry with a pea punch
5. Easy peasy [dip](#) made easy!
6. Colour your breakfast with green by adding peas to your omelette!
7. No avocados? No problem! Try guacamole-pea by using fresh green peas for a light alternative
8. Looking for something different to try for a lazy brunch this weekend? Then why not give pea pancakes a bash?
9. Mushy peas make a perfect side - add chopped mint or parmesan cheese for flavour
10. Add to a [frittata](#) for a quick and fuss free recipe!

**Background – World Pulses Day 2019:**

Following on from the International Year of Pulses in 2016, World Pulses Day aims to celebrate pulses globally, as a nutritious and sustainable food. Established by the Global Pulse Confederation, events and campaigns are being held worldwide to share information and encourage people to include pulses as part of a healthy diet. GLNC is celebrating with the humble pea – follow GLNC on social for recipes, tips and more! Find out more through the [Global Pulses Day website](#).

**To arrange an interview with a GLNC dietitian or to request images, please contact:**

Alexandra Locke, Marketing & Communications

Manager Grains & Legumes Nutrition Council™

Phone: 02 9394 8664

Email: [a.locke@glnc.org.au](mailto:a.locke@glnc.org.au)

**Take a look at our social media channels for easy tips, recipes and more!**

Visit the [GLNC Website](#) for more recipes, factsheets and information on the nutrition and health benefits of whole grain.

