

LOVE YOUR LEGUMES!

470% The amount we need to increase our legume consumption to reach recommended intake¹.



Legumes and pulses...

Legume refers to all types of beans, peas and lentils including fresh.

Pulse refers only to the dried seeds of legumes.



10%

THE REDUCTION IN RISK OF CORONARY HEART & CARDIOVASCULAR DISEASE WHEN WE EAT 3-4 SERVES OF LEGUMES PER WEEK²!

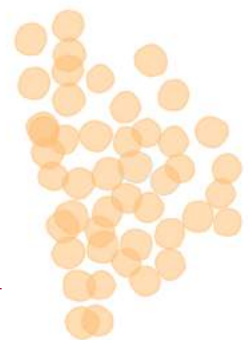


Legumes can help us live longer! Higher legume intake is the most protective dietary predictor of longevity, with a 7-8% risk reduction for every 20g increase in daily intake³.

PEOPLE HAVE BEEN ENJOYING LEGUMES - SPECIFICALLY LENTILS - SINCE 6750 BC IN PARTS OF THE PRESENT DAY MIDDLE EAST

Our favourite varieties....

1. Chickpeas
2. Green Peas
3. Kidney Beans
4. Lentils
5. Baked Beans⁴



AUSTRALIANS ENJOY LEGUMES IN A VARIETY OF DIFFERENT CUISINES...

- Mexican
- Indian
- Middle Eastern⁴



2.25 million tonnes
THE AMOUNT OF PULSES AUSTRALIA PRODUCES EACH YEAR - OVER 90% OF WHICH IS EXPORTED!