



EMBARGOED UNTIL 7.00 A.M. MONDAY 12 FEBRUARY

PRESS RELEASE

Pulses Week 2024: Love Your Legumes

The Grains & Legumes Nutrition Council (GLNC) is excited to celebrate Pulses Week from the 12th to the 18th of February, following the global celebration of World Pulses Day on the 10th of February. This year's campaign, themed "Love Your Legumes", aims to inspire Australians to increase their legume intake.

Legumes, including beans, peas and pulses, are nutritional powerhouses, offering essential nutrients such as protein, dietary fibre, B vitamins, iron and zinc. Despite their numerous nutritional benefits, most Australians are not consuming enough legumes, with an average intake of 19.3 grams daily.

Legume consumption is linked to improved overall health and a reduced risk of chronic diseases, including cardiovascular disease and type 2 diabetes mellitus. Kathy La Macchia, the GLNC General Manager, emphasises, "With over 571,000 Australians over 18 years of age living with cardiovascular disease, and almost 1.2 million people living with type 2 diabetes, there's never been a more important time to love your legumes."

As part of the initiative, the GLNC is hosting a three-course plant-based dinner with over thirty food industry members at OzHarvest's Refettorio on the 14th of February called Love Your Legumes. The event will include expert insights and cooking tips from Simone Austin, the Chief Health Officer from Healthy Life, Refettorio's Head Chef, Jez, and the GLNC General Manager, Kathy La Macchia.

To make legume consumption more accessible, GLNC is partnering with leading not-for-profit organisations, nutritionists, dietitians, government groups and food manufacturers, including Australian Expert Grains Innovation Centre, Arnott's Group, Allied Pinnacle, Bakers Delight, Cereal Partners Worldwide, Greenwheat Freekeh, George Weston Food, Kraft Heinz, Laucke, Sanitarium the Health Food Company, The Healthy Grain, and v2food. Together, they have created a free eBook containing over 40 delicious recipes showcasing legumes.

GLNC is raising awareness throughout the week through various channels, including articles, podcasts, and collaborations with health-qualified influencers on social media.

For free resources, including the recipe eBook, podcast episodes and more, visit www.glnc.org.au.

About the Grains & Legumes Nutrition Council:

The Grains & Legumes Nutrition Council (GLNC) is the independent authority on the nutrition and health benefits of grains and legumes. The GLNC is committed to providing accurate and evidence-based information as a not-for-profit and recognised health promotion charity.

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