

Level up with Legumes

Celebrate Pulses Week

Most Australians aren't eating enough legumes, often because they're unsure how to prepare them and include them in meals.

It's time to level up with legumes!

Why Legumes?

1. Legumes are nutrient-rich, providing protein, B vitamins, folate, iron, zinc, calcium, and magnesium.
2. Legumes are rich in dietary fibre, helping maintain healthy digestion and supporting a balanced gut microbiome.
3. Insufficient consumption contributes to Australia's disease burden, including heart disease, type 2 diabetes, and other chronic conditions.

We're working across the supply chain and with health professionals to make it easier for Australians to include more legumes in everyday meals.



Activations

1. Online Cooking Class with Grams of Health for HCP on 10 February

The session will showcase recipes, culinary tips, and strategies to support legume consumption across multicultural cuisines.

- Encouraging social sharing among attendees with a prize draw.
- Special resources and a CPD certificate shared with attendees.

2. Collaboration with No Money No Time (NMNT)– University of Newcastle

We're working with NMNT on their podcast and social channels to showcase the benefits of legumes and share practical tips to increase consumption.

3. Resources and Social Channels

We're rolling out resources and social shares all week, including:

- Refreshed recipe eBook
- Clinical resources
- Social reels with health professional influencers



How to Get Involved

There are plenty of simple ways you can celebrate with us:

1. Use our ready-to-go resources

We've created a range of assets to make participation easy:

- Social media tiles
- Sample captions and newsletter copy
- Fact sheets and resources
- GLNC Pulses Week Recipe Book

2. Share the message

Post a photo, video or story showing how you level up with legumes.

Make sure to tag us!



@Grainslegumesnutrition
council



@GrainsLegumesNC



Grains and Legumes
Nutrition Council

Use hashtags:

#PulsesWeek2026

#LevelUpWithLegumes

Social Collateral

Suggested Copy 1:

Happy Pulses Week! It's time to level up with legumes.

Most Australians aren't eating enough legumes, even though they're one of the most affordable, nutrient-rich foods we have.

Packed with protein, fibre, B vitamins, folate and key minerals, legumes support gut health and help reduce the risk of chronic disease.

There's never been a better time to level up with legumes.

[#PulsesWeek2026](#)

[#LevelUpWithLegumes](#)

Suggested Copy 2:

It's Pulses Week!

With most Australian's not eating enough legumes, it's time to level up with your plate with legumes.

Visit the GLNC website for recipes, resources, and practical tips to make legumes part of everyday eating.

[#PulsesWeek2026](#)

[#LevelUpWithLegumes](#)

Suggested Copy 3:

Happy Pulses Week! From 9-15 February, we're helping Australians level up with legumes – nutrient-packed, versatile and delicious.

[#PulsesWeek2026](#)

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Make sure to tag us!



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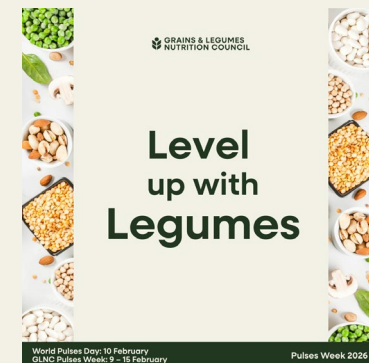


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Use hashtags:

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Newsletter Collateral

Suggested Copy:

Most Australians aren't eating enough legumes, even though they're one of the most affordable, nutrient-rich foods available.

This Pulses Week, the Grains & Legumes Nutrition Council (GLNC) is helping everyone level up with legumes.

Packed with protein, fibre, B vitamins, folate, iron, zinc, calcium and magnesium, legumes support gut health, contribute to a balanced diet, and help reduce the risk of chronic disease.

From simple recipe ideas to practical tips, GLNC is making it easier to level up with legumes today. Head to the GLNC website [here](#) for more.



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Thank You

Have any questions?
We'd love to hear from you.

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www.glnc.org.au

World Pulses Day: 10 February
GLNC Pulses Week: 9 – 15 February

Pulses Week 2026
Stakeholder Kit

