GRAINS AUSTRALIA

Australian pulses

Quality, versatility, nutrition

Australian pulses are in demand around the world for their quality, versatility, cleanliness and nutritional attributes.





Grains Australia is an initiative of the GRDC GRAINS RESEARCH & DEVELOPMENT CORPORATION

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Clean and nutritious

Pulses are an essential dietary component for millions globally due to their high protein and nutritional content. Australian pulses are in demand across the world and include lentils, faba beans, field peas, chickpeas, lupins and mungbeans.

In Australia, clean growing environments, good crop management and care in handling and processing ensure quality, safe and clean, food-grade pulses for consumers. Australian pulses are highly regarded globally for their:

- Consistent quality
- Versatility
- Low moisture
- Low screenings (cleanliness)
- Nutritional attributes

Pulse production in Australia

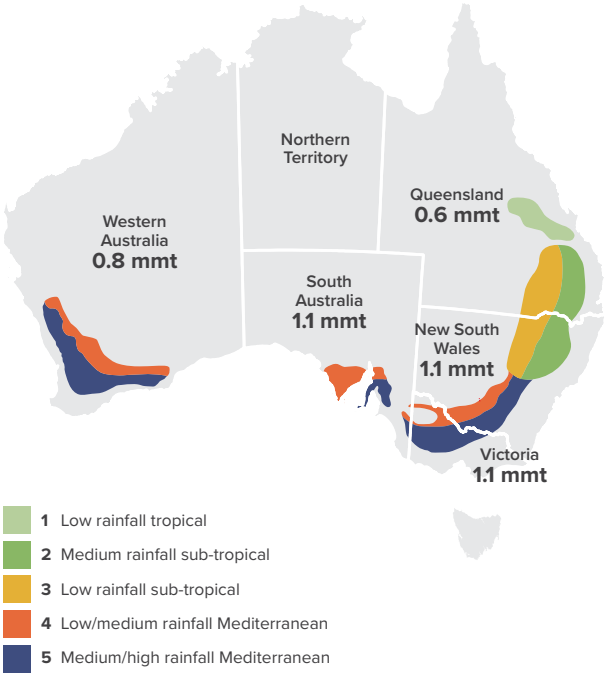
Australian farmers use advanced technology and equipment to produce pulses that meet the needs of end-users. Pulses are an important crop in the Australian grains industry, grown throughout the southern and northern grain growing regions. Pulses are grown in crop rotations, with cereals and oilseeds, because of their ability to fix nitrogen into the soil and their contribution to sustainable farming practices.

Australia's diverse agro-ecological zones produce a wide array of quality pulse grains, with average annual production exceeding 4 million metric (mmt) tonnes from more than 2 million hectares. South Australia, Western Australia, New South Wales and Victoria are the largest pulse producing states on average.

Pulses are typically planted during May and grown through the winter and spring months (June to October) in the northern, southern and western grain production regions of Australia. Dryland and irrigated pulses are also produced over the spring to autumn months in the northern region where rainfall is summer dominant and using moisture stored over the winter months.

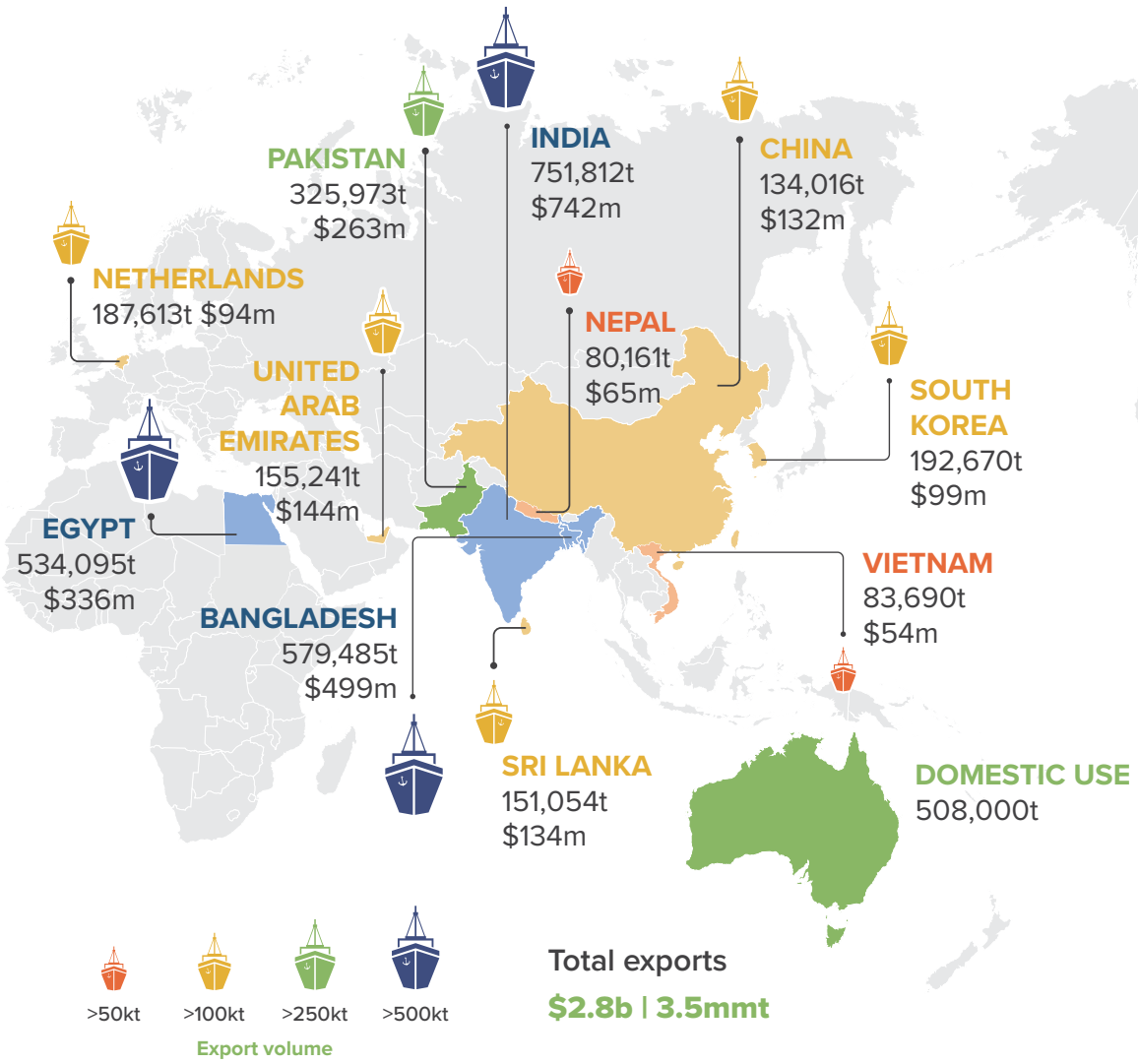
Pulse	Production (mmt)
Lentils	1.52 mmt
Lupins	0.92 mmt
Chickpeas	1.31 mmt
Faba beans	0.76 mmt
Field peas	0.25 mmt
TOTAL	**4.76 mmt**

Source: ABARES (five-year average up to 2025-26)



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Major markets for Australian pulses



Sources: Exports based on ABS data, Domestic use based on ABARES data (five-year average up to 2024-25). $ = AUD

Disclaimer: pulse trading is fragmented across numerous small to medium participants, which may lead to discrepancies between average price estimates.

4.76mmt

of pulses are produced in Australia each year on average

70-80%

of Australia's total pulse production is exported each year

50%

of Australia's pulse exports go to South Asia



Supporting customers of Australian pulses

Australia invests significantly in the development of pulse crops that meet the quality requirements of international customers.

Plant breeders, agricultural researchers, agronomists and chemists work closely with growers, processors and marketers ensuring the current high quality of Australian pulses is maintained and further improved with new varieties. There are extensive breeding and evaluation sites coordinated nationally and located in the major cropping zones across Australia.

Grains Australia's Pulse Council provides strategic advice to the Grains Australia Board on pulse industry matters including priorities and activities, strategic classification requirements, trade and market access issues, market insights, and market education requirements.

Pulse classification

Grains Australia is developing classification frameworks for new pulse varieties ensuring the Australian grains industry and growers continue supplying high quality pulses which are suitable for the range of end uses.

Industry standards and codes of practice

Australian pulse standards ensure Australia is held in high regard as one of the cleanest environments in the world, delivering quality grains. The standards, managed by Grain Trade Australia, cover characteristics such as purity, moisture content, seed quality and colour, foreign material and other factors.

Australia's status as a producer of clean food is demonstrated through the National Residue Survey that analyses export grain samples for chemical and environmental contaminants.







A snapshot of Australian pulses

Lupins



20-30%

of the annual Australian pulse crop

Lupins are an important crop in western Australia. The major lupin crop is the Australian Sweet Lupin, and the smaller crop Australian Albus Lupin is also grown and exported. Lupins are grown in large regions of Western Australia, where soils are largely sandy and acidic. Australian Sweet Lupin is well adapted to this soil type, whereas all other pulses require more alkaline soil types.

Australian Sweet Lupin exports go to South Korea, the Netherlands, Vietnam, Egypt and Belgium. Australia is the largest supplier of quality, large-seeded Australian Albus Lupin to the Middle East.

Production in Australia focuses on high protein, low alkaloid (bitterness). Australian Sweet Lupin is recognised as a valuable stockfeed and aquaculture feed source, and consumers are increasingly interested in lupins for human food products because of their nutritional value and health benefits. Lupin is attractive for human consumption because the protein and oil is readily digested and seeds have a high dietary fibre content. Lupins can be flaked, split, milled for flour, and fermented to produce high-quality tempeh, used as a snack base, or in the production of protein concentrates or fermented sauces. Lupin flour is used in breads, biscuits and pasta, and lupins can also be sprouted for consumption.

Albus lupins have good potential for near-white vegetable-based products because of their low yellow pigment content.



Lupin falafel



Chickpeas



20-35%

of the annual Australian pulse crop

Chickpeas are grown across Australia and are a particularly important crop in northern grain growing regions. Average annual production of about 1.31 mmt focuses mainly on desi types, with limited production of small to large kabuli types. About 90% of chickpeas produced in Australia are exported, with Australia commonly being the biggest global exporter.

Australia focuses on producing desi chickpeas with a large, bright golden to brown seed of a consistent seed size with high splitting efficiency. While kabuli chickpea production in Australia focuses on supplying product with a cream to light beige seed coat with good hydration.

The two types of chickpeas can be distinguished by seed size, shape and colour, each with different markets and end-users:

- Desi – small rectangular seeds, ranging in colour from golden to light brown. They are normally dehulled and split (dahl) and are favoured by the Indian subcontinent.
- Kabuli – large rounded seeds that are white to cream coloured and are almost exclusively used whole. They are preferred in the Mediterranean region.

Chickpeas are widely used in hummus, soups, curries, casseroles, salads and sweets. They are also fried or roasted as snack food, ground for patties, processed into flour (besan), or split to create dahl, and fermented.

Australian chickpeas provide a good source of carbohydrates and protein.



Hummus



Field peas



5-10%

of the annual Australian pulse crop

Field peas are produced in South Australia, Western Australia and Victoria. Production averages around 250,000 tonnes, of which about half is exported. The major export market is the Indian subcontinent and the Middle East for human consumption. Some field peas are also exported to Asia and Europe for both human consumption and stock feed.

Australian field peas are commonly used split for dahl, pre-prepared soups, fermented foods, noodles, snack food, whole for green peas for pies, mushy peas and other dishes, and for sprouts.

Field peas provide a good source of dietary proteins and energy, with a starch content ranging from 30–50%. The fat content is very low, at approximately 1%, while the content of soluble carbohydrate is high.

Australia produces mostly dun type field peas, with some minor production of blue and white types. The major field pea varieties can be divided into three main groups:

- Dun field peas – suited to human and stockfeed consumption.
- Blue-seeded field peas – specialised uses such as canning for human consumption.
- White field peas – suited to splitting and flour for human consumption.

Lentils



25-35%

of the annual Australian pulse crop

Australia is a major exporter of high-quality lentils, principally red lentil, and also green and other niche types. Lentils are exported to all parts of the world, particularly the Indian subcontinent, Asia and the Middle East. About 1.52 mmt of lentils are produced on average annually mostly in South Australia and Victoria.

Lentils grown in Australia are divided into two groups:

- Red lentils are the most common in Australia. Red lentils range in seed size from small to large, and in shape from round to lens types. Destination markets differ in their preference to the various sizes and shapes of lentil grain. For example, Sri Lanka prefers large; Bangladesh small; and medium sized red lentils often go to India.
- Green lentils are also referred to as brown, yellow, Chilean or Continental lentils and have a seed size of medium or large. Traditional green lentil destinations include Algeria, the Americas (Colombia, Mexico, Venezuela, Brazil, Chile) and Europe (Spain, Turkey, Greece, Italy). Green lentils go into the whole seed edible market and as such need to be light in colour with no weather damage. Seed size is critical.

Lentil breeding focuses on developing varieties with bright seeds and a consistent seed size and shape which are important quality characteristics for cooking and splitting.

Lentils are used for human consumption and have quicker cooking times than other pulses. They are cooked in soups and casseroles, patties and loaves, split for dahl, soups and purees, deep fried as snack foods, and as flour combined with cereal flour to make bread and cakes. Split red lentils are consumed in curries and are boiled to make Indian dahl and lentil soup. Large-seeded green lentils are consumed whole in many traditional Middle Eastern dishes. Lentil flour is used to make pappadams or added to cereal flour to make breads, cakes and baby foods. Immature pods and sprouted seeds may also be eaten as vegetables.



Field peas

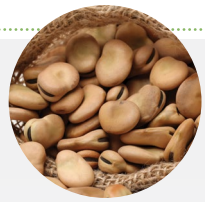




Dahl



Faba and broad beans



15-20%

of the annual Australian pulse crop

Faba beans and broad beans belong to the same genus but differ in their growth requirements, markets and end-uses. Faba beans are grown in South Australia, Victoria and New South Wales, with a small production area in Western Australia. About 760,000 tonnes of faba beans are produced annually on average. Broad beans are grown across south-west Victoria and south-east South Australia.

The Australian faba and broad bean industry is among the top five producers in the world. Australia is currently the world's leading exporter of faba beans, supplying a third of faba beans traded internationally.

Faba beans are exported as either whole or split seed product. They are generally consumed whole, split or milled into flour. Australian producers take pride in targeting consistent seed size, with a lightly coloured buff seed coat, low moisture, high hydration, and good cooking and splitting qualities.

Broad beans, and some faba beans, are cleaned and graded to size before exporting in bags or containers. Large seeded varieties are often used for human consumption as a green vegetable and a snack food.

Egypt is the biggest importer of Australian faba beans, followed by Saudi Arabia, Vietnam and the United Arab Emirates. Faba beans are the foundation for ful medames which is a staple Egyptian dish. Faba and broad beans are used for cooking and baking in soups, purees, snack food, breakfast food and gruel. They can be ground to make falafel or tameya and can be sprouted. In China, faba beans are used to make extruded starch products such as vermicelli and sauces. Faba beans are also fed or used in feed products for fish and livestock.

Faba beans provide good sources of protein and dietary fibre with low amounts of fat. They also provide the recommended daily allowances of all essential minerals except calcium.



Uruguayan faba bean salad



Mungbeans



<5%

of the annual Australian pulse crop

Mungbeans are grown as a dryland and irrigated crop in the summer-dominant rainfall areas of northern New South Wales and Queensland. Australia primarily produces large-seeded shiny green mungbeans. About 95% of mungbeans produced in Australia are exported, predominantly to Asia, the Indian subcontinent, and North America.

Breeding of new varieties is continuing to improve the adaptability and quality traits of mungbeans with a bright and consistent seed colour and even seed size.

Mungbeans are split for dahl, or milled as flour to make noodles, breads, biscuits, cakes and pappadams, cooked in soups and porridge, and fermented in idli and dosa and as sprouts.

Processing and grading in Australia ensures the highest level of food safety is maintained across the industry. Quality assurance programs provide markets with confidence by ensuring mungbeans meet high quality standards and traceability. Seed is graded, cleaned, bagged and packed into shipping containers.

This forms part of a unique marketing system for mungbeans in Australia where, under government quarantine regulations, all mungbean destined for export must be cleaned and packaged at a registered mungbean processing establishment. The Australian Mungbean Association defines the minimum export standards.



Mungbeans





Australian pulses for healthy foods

Pulses are universally recommended as part of a healthy diet and feature prominently in some of the world's healthiest diets and oldest food cultures.

Pulses are nutrient-rich foods; containing dietary fibre, protein, carbohydrates (mostly low glycemic index) as well as phytonutrients, B-group vitamins and minerals such as iron, zinc, calcium and magnesium.

The evidence consistently shows higher intakes of pulses are associated with a reduced risk of obesity and chronic diseases including heart disease, type 2 diabetes and some cancers.

Pulses have huge potential to improve the diets of people and promote the health of populations globally.

Popular uses for pulses include canning, split or dahl, noodles, snack foods, fermented foods, flour, soups, curries, casseroles and salads.

The Grains & Legumes Nutrition Council (GLNC) is the independent authority on the nutrition and health benefits of grains and legumes. GLNC operates within Australia and collaborates with partners to promote and educate on grains and legumes (pulses) nutrition as part of a balanced diet through evidence-based information.

This publication is supported by the Grains & Legumes Nutrition Council (GLNC).

GRAINS & LEGUMES NUTRITION COUNCIL

A stronger, more competitive grains industry

Grains Australia works across the grains value chain to improve market access, align what markets need with what Australia provides, and build long-term value for growers, industry and customers.

We deliver this through five integrated functions:

- Trade and market access
- Classification
- Market insights and engagement
- Market education and training
- Technical market solutions



Together, these functions enable a "Team Australia" approach that translates market intelligence and industry priorities into coordinated action, strengthening customer confidence, supporting informed industry decision-making and positioning Australian grain for long-term success.

grainsaustralia.com.au

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