

Pulses Help You Charge Up



PROTEIN
for strong muscles

CARBOHYDRATES
for energy



FIBER to stay full

FUN FACT: American farmers grow over **6 billion pounds** of pulses each year! That's enough to stretch to the moon and back over **120 times!**

Pulses are good for the Earth, too!

They can **reduce the need for fertilizers** and **help farmers grow new crops** next season by **improving soil quality.**



usapulses.org/schools