

Pulses

Sustainable Foods for a Plant-Forward Future



Pulses

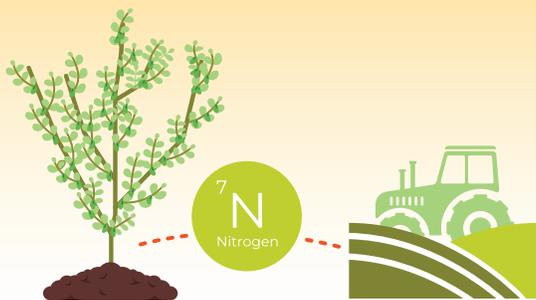
Ardent Mills® continues to build a more sustainable future with the products we offer. Pulses like chickpeas and lentils are high-protein, nitrogen-fixing crops that are a part of the legume family. A highly nutritious food, pulses offer a low environmental impact on soil.

What Are Pulses?

Pulses are a class of ingredient; the edible seeds of legume plants, they include chickpeas, beans, lentils, and peas.

Water Efficiency

Compared to most other crops, pulses need very little water. One pound of pulses requires an average of 43 gallons of water, while the same amount of soybeans requires nearly 5x that amount.



Soil Health & Productivity

Did you know pulses can free phosphorus, and break disease, weed and insect cycles?

When planted as a rotational crop, pulses help increase microbial biomass, reduce erosion, bolster water retention, and aid in delivering higher growth yields.

Plant-based Nutrition

Pulses aide a shift to plant-forward nutrition, providing a sustainable, multi-functional, and low-fat source of protein, fiber, vitamins, and minerals.

Looking for ways to integrate pulses into your products? **Pulses can deliver amazing functional benefits, as in the case of chickpea protein** serving as a clean-label alternative to hydrocolloids like gums and modified starches.

Climate Impact

Crops of pulses are famously effective at fixing nitrogen in soil, reducing or eliminating the need for nitrogen fertilizers and significantly lowering their overall greenhouse gas emissions.



Interested in exploring Ardent Mills' portfolio of sustainable ingredients? Visit us online to learn more.

© 2023 Ardent Mills 1875 Lawrence St., Denver, CO 80202