



Food and Agriculture
Organization of the
United Nations



10 February
World Pulses Day

A GUIDE TO World Pulses Day 2025



**Pulses: Bringing diversity
to agrifood systems**



#WorldPulsesDay
#LovePulses
fao.org/world-pulses-day




JOIN the global celebration!

World Pulses Day, celebrated every year on **10 February**, is an opportunity to raise awareness about the vital role pulses play in our diet, agriculture and global sustainability.

Pulses are a subgroup of legumes, packed with nutrients and harvested for their delicious dried seeds. They include familiar favourites like beans, chickpeas and peas, but there's a whole world of pulse varieties to explore! All come with great benefits for food security, nutrition and health as well as environmental sustainability.

We invite everyone – governments, businesses, communities, and you – to join us in championing pulses as vital ingredients in healthy diets and sustainable food systems.

This is your guide to getting involved in **#WorldPulsesDay**.



#WorldPulsesDay

THEME

Pulses: Bringing diversity to agrifood systems



Did you know? While there are more than 5 000 plant species providing human food, we rely heavily on just a few staples like wheat, rice and maize. This overreliance reduces the biodiversity in our agrifood systems and limits dietary diversity, increasing vulnerability to pest and disease outbreaks, soil degradation and harvest loss. Furthermore, diets with low diversity of food often lack essential macro and micronutrients, leading to malnutrition.

Embracing the diversity of pulses can significantly benefit both agriculture and nutrition. At the farm level, diversifying cropping systems with legumes can break cycles of pests and diseases while optimizing nutrient management.

From a nutritional standpoint, incorporating a variety of pulses into the diet is linked to numerous health benefits. Pulses offer an affordable food source with a long shelf life. Although their nutritional composition differ among varieties, they are generally rich in protein, fibre and complex carbohydrates.

To encourage the inclusion of pulses for increased diversity in cropping systems and healthy diets, the central theme of World Pulses Day 2025 is: **“Pulses: Bringing diversity to agrifood systems.”**



Pulses are more than just nutritious seeds – they also contribute to achieving the goals of the 2030 Agenda for Sustainable Development, in particular those addressing food security and agriculture, health, consumption and production and climate change.



SLOGAN

Love pulses
for a healthy
diet and planet


The low environmental footprint of producing pulses should make them an attractive option for consumers. Including pulses in farming systems (e.g. agroforestry, intercropping and integrated farming systems) can help producers to increase crop diversity and consumers to access affordable and nutritious plant-based proteins.

Building on the success of the International Year of Pulses (IYP) in 2016, implemented by the Food and Agriculture Organization of the United Nations (FAO), the United Nations General Assembly (UNGA) designated 10 February as World Pulses Day (WPD).


With the slogan **#LovePulses** for a healthy diet and planet, this celebration presents a unique opportunity to raise public awareness about pulses and the fundamental role they play in the transformation to MORE efficient, inclusive, resilient and sustainable agrifood systems for Better Production, Better Nutrition, a Better Environment, and a Better Life, leaving no one behind.



KEY MESSAGES



Diversified farming systems incorporating legumes on the same land, either simultaneously or sequentially, contribute to **productivity** and enhancing the livelihoods of farming households and food processors and sellers.



Pulses provide **employment and livelihoods** for people worldwide, especially women and young people living in rural areas and people engaged in the processing and marketing of **value-added products**. Pulses contribute to gender equity in the sector, which is also essential for sustainable agrifood systems.



Pulses roots improve soil diversity which is responsible for enhancing soil capacity to provide nutrients. **Soil biodiversity** provides ecosystems with greater resistance to disturbance and stress.

The global **pulses value chain**, including the production and trade of pulses, plays a key role in ensuring the **resilience of agrifood systems**, allowing consumers to access nutritious foods while contributing to the sustainable use of natural resources.

Pulses are an affordable source of proteins that are **nutrient-dense**, providing substantial amounts of vitamins and minerals important for **good health**.



#WorldPulsesDay

PROMOTING pulses all year long

Let's make food choices that improve both our health and agrifood systems. One thing **each of us** can do is eat more pulses! In choosing to eat pulses, you support all those who cultivate them and hereby encourage their production. Choose one of the many types to add flavour to your diet and try out new recipes.

Governments and **international bodies** should implement strategies, including effective trade policies that benefit smallholder farmers who produce pulses. International trade in pulses is a positive driver for the resilience of regional and global supply chains, and a critical tool to facilitate access to healthy and nutritious products, allowing consumers to expand healthy diet options.

Farmers and **farmers' organizations** can promote the adoption of pulses through practices like agroforestry, crop rotation, and intercropping. This will improve farm diversity, contribute to breaking the cycles of pests and diseases while optimizing nutrient management and, economically, it will diversify the risk.

Research and **academia** can highlight their research findings to promote greater understanding of the benefits of pulses.

Food businesses can incentive their customers to consume pulses. **Chefs** can present pulses as an attractive and healthy food option by introducing different recipes and teaching their audiences how to cook, store and use them. In doing so, they will promote the health benefits of pulses and encourage their consumption.

Parents and **teachers** should educate young people on the importance of adding pulses to their diets as means to promote healthy eating habits. Healthy eating habits start by educating future generations.



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#WorldPulsesDay

WHAT YOU CAN DO

on or around 10 February

GET COOKING



Chefs and food influencers around the world will be posting their favourite pulses recipes on social media channels. Join the online conversation and post yours too using the hashtag [#WorldPulsesDay](#) and [#LovePulses!](#) Encourage friends, family and coworkers to do the same and share ways in which to prepare delicious meals with pulses.

GROW PULSES



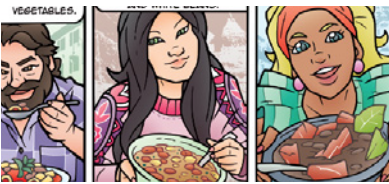
Pulses can be grown in a community garden or at a school or office garden, as part of a group initiative part or as an individual undertaking. If you need guidance on planting, please contact local experts or search the internet. Whether for personal consumption or in a group, pulses have good nutritional value, rewarding your efforts.

SOW SEEDS OF CHANGE



Contact your favourite local restaurant, community centre or cafeteria and tell them about [World Pulses Day](#). Encourage them to promote and feature a new pulse dish to be part of the worldwide community celebrating the Day.

SHARE OUR YOUTH COMIC



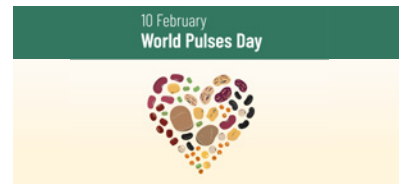
Read and share our youth comic [‘Health benefits of pulses’](#) and [‘Pulses contribute to food security’](#), and encourage educators to dedicate a class to learn about pulses. Inspire students to get creative and show what they know by creating their own comic on the health and environmental benefits of pulses.

DRIVE AWAY HUNGER



Pulses are nutritious and tasty, but another great thing about them is that they also have a long shelf life. Pulses can be stored for months without losing their high nutritional value. Arrange a food drive for your local food bank and donate pulses to help those in need.

PROMOTE ON THE WEB



Mark the day by including the [World Pulses Day button](#) to your website and get people talking about pulses. Using a visual, such as the button, is great way to increase interest and awareness about the Day and show your support.

ORGANIZE AN EVENT



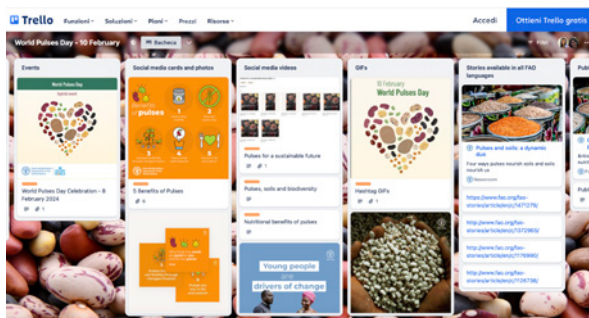
Take a fresh approach to organizing an event - either in-person, on social media or video conferencing platforms. Events, such as panel discussions, public lectures or even a quiz can be an effective way of raising awareness or sharing knowledge about the health and environmental benefits of pulses.

FACTS and figures

- The amount of pulses traded is approximately 20 million tonnes per year
- The first cultivated pulses were bitter vetch, chickpea, lentil and pea
- 95.9 million tonnes of pulses were produced worldwide in 2022
- The global annual consumption of pulses is 7.77 kg per capita on average; with the highest consumption in Africa (11.46 kg per capita) and the lowest consumption in Europe (2.97 kg per capita)
- Pea is the most produced pulse in the European Union (1.8 million tonnes)
- India is the largest producer and consumer of pulses worldwide
- Canada dedicates 1.7 million ha to lentil production alone
- Brazil is the largest producer of pulses in South America (2.8 million tonnes)
- Nigeria is the largest producer of pulses in Africa

COMMUNICATION materials

- [Digital Media Hub](#)
- [Trello board](#)
- [Publications](#)



JOIN THE CONVERSATION

Follow @FAO at any of the accounts below and remember to use the hashtags **#WorldPulsesDay** and **#LovePulses**

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10 February World Pulses Day

World Pulses Day presents a unique opportunity to raise public awareness about pulses and the fundamental role they play in the transformation to more efficient, inclusive, resilient and sustainable agrifood systems. Pulses are essential to increase diversity of agrifood systems and consequently improve their resilience.

This “get started” guide highlights the theme for the Day in 2025: “**Pulses: Bringing diversity to agrifood systems**”, as well as key actions that everyone can take to celebrate World Pulses Day. Building on the success of the International Year of Pulses in 2016, which was implemented by FAO, the United Nations General Assembly designated **10 February** as World Pulses Day.

CONTACT US

Thanks for promoting **World Pulses Day!**
Do you have any ideas you would like to share with us?
We want to hear from you.
World-Pulses-Day@fao.org

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