

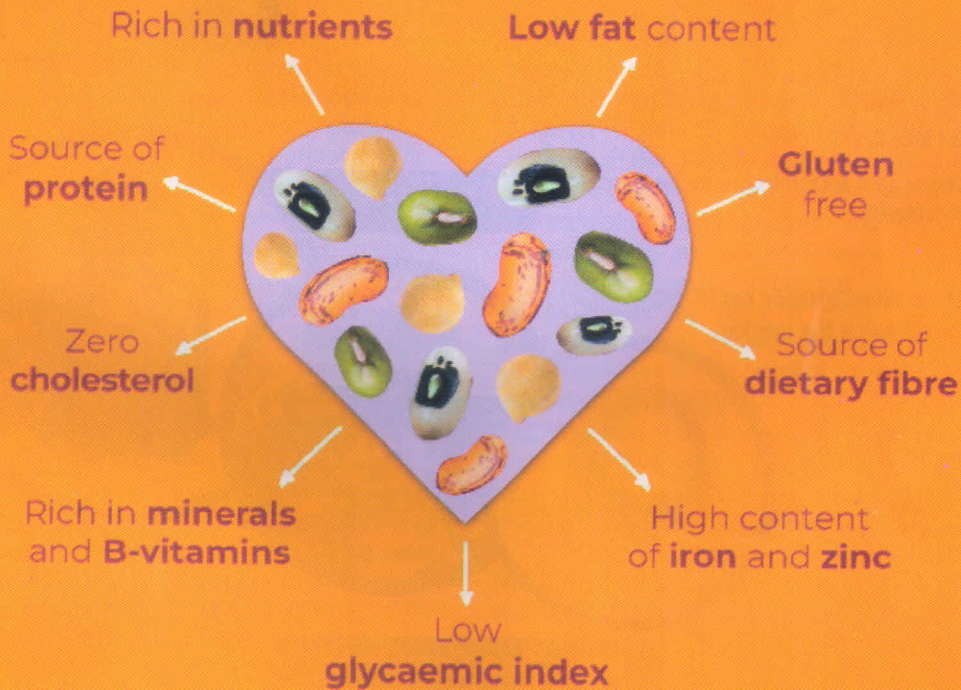
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10 February World Pulses Day

Pulses have been playing an important role for centuries in both sustainable agriculture and a healthy diet. These small crops pack a big punch of vital nutrients that help us to lead a healthy life. They also support agricultural practices that are capable of withstanding the challenges that make them a valuable food source worldwide. Since 2018, 10 February is celebrated as World Pulses Day, which highlights the significance of these amazing crops. In 2025, the theme for this special day is "Pulses: Bringing diversity to agrifood systems." The slogan for the event will be "Love pulses for a healthy diet and planet," motivating all to appreciate the benefits of pulses for health and the environment.

Nutritional benefits of pulses



Food and Agriculture
Organization of the
United Nations

Source: Food and Agriculture Organization of the United Nations