
Inaugural *Pulse News Network* Bulletin Gives Dietitians a New Tool to Promote Healthy Living

FOR IMMEDIATE RELEASE

(June 20, 2011) Winnipeg – Pulse Canada has launched a new tool for dietitians to educate their patients and clients about the benefits of adding pulses (peas, beans, lentils and chickpeas) to their diets.

More than 1000 dietitians, researchers and members of the pulse industry from Canada and the United States will receive *Pulse News Network (“PNN”): Nutrition Edition*, a resource developed by Pulse Canada to increase awareness and understanding of pulses and their health, nutrition and environmental attributes.

“I was honoured to contribute to the inaugural edition of *PNN*. I believe that pulses are a powerful part of a diet for overall health, and I am excited to share this information with my fellow dietitians,” said Jane Dummer, RD, a leading dietitian for the Canadian food and nutrition industry, who also served on a scientific advisory board for Danone from 2004 to 2007.

“Pulses and pulse ingredients have numerous health benefits for consumers. Nutrient dense pulses can help maintain a healthy body weight because they are high in fibre, low in fat and are a source of protein. Research has shown that regular pulse consumption can lower blood cholesterol and maintain normal blood sugar levels,” said Julianne Curran, Director of Nutrition, Scientific & Regulatory Affairs with Pulse Canada.

PNN: Nutrition Edition includes updates on the latest research being conducted on pulses, answers to frequently asked questions, delicious pulse recipes, and tips for adding pulses to one’s diet. Newsletter recipients are being encouraged to share this information with their patients, clients and contacts who are interested in learning more about changing their diet to improve health and nutrition.

“Combined with the positive impact that pulse crops have on the environment, pulses play a significant role in delivering healthy people and a healthy planet.” said Curran.

PNN: Nutrition Edition will be distributed twice per year by Pulse Canada. Other editions of *PNN*, focused on Research and Environmentally Sustainability, will also be distributed in 2011. The publications will also be available for download at the Pulse Canada website at <http://www.pulsecanada.com>.

Pulse Canada is the national association representing growers, traders and processors of Canadian pulse crops (peas, beans, lentils and chickpeas).

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