



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

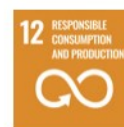


Did you know? While there are more than 5 000 plant species providing human food, we rely heavily on just a few staples like wheat, rice and maize. This overreliance reduces the biodiversity in our agrifood systems and limits dietary diversity, increasing vulnerability to pest and disease outbreaks, 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