

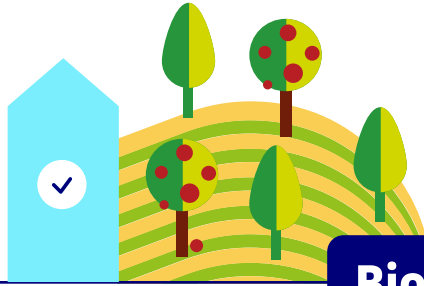
Pulses vs. Meat



Advantages of eating pulses over meat

Pulses

The alternate cultivation of pulses increases vegetable biodiversity and favours the subsistence of animals and insects.



Biodiversity

High

Accessibility

Access to proteins and minerals for the majority of the world's rural population

Low contribution to greenhouse gas emissions

Low

Climate

Carbon dioxide equivalent per kg of product: **0,9** CO₂

Effect on climate change.
Carbon footprint*

Increase in greenhouse gas emissions.

Carbon dioxide equivalent per kg of product:

Lamb: **39,2**
Beef: **27**
Pork: **12,1**
Chicken: **6,9**
CO₂

The FAO calculates that **14,5 %** CO₂ emissions corresponds to the livestock production process

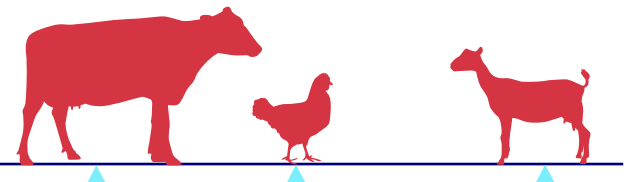
High

Water

Water needed for its production



50 l to produce 1 kg of pulses



1.330 l 1 kg of beef

4.325 l 1 kg of chicken

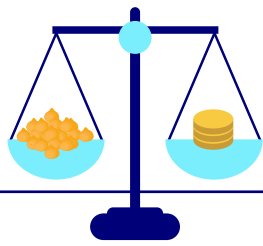
5.520 l 1 kg of lamb

Low

High

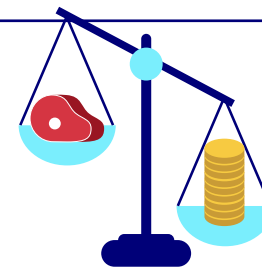
High and variable cost depending on the type and quality of the meat

Good



Quality/price

Value for money



Poor

High

Conservation

Conservation time without changes to its nutritional value

Low

Low fat content and no cholesterol. Helps reduce the risk of cardiovascular disease

✓

High fibre content: reduces the risk of cancer

Health

Contains fat and cholesterol. High risk of cardiovascular disease

Does not contain fibre: increased risk of cancer (red and processed meats)

✗

* The carbon footprint is the indicator of greenhouse gas (GHG) emissions associated with the life cycle of a product, service or organization. It is quantified in emissions of CO₂ equivalent released into the atmosphere.