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# International Year of Pulses 2016

- The 68<sup>th</sup> UN General Assembly declared 2016 the International Year of Pulses (IYP) (A/RES/68/231)
- The IYP 2016 aims to heighten public awareness of the nutritional benefits of pulses as part of sustainable food production aimed towards food security and nutrition.
- For more information and to download free posters for your school/ office canteen, etc., visit -<http://www.fao.org/pulses-2016/en/>



## Pulses in Indian context

From Punjabi Chole to Idli Sambhar, from Moong Dal Halwa to Dal Pakwaan, Pulses are a core of the Indian traditional diet.

Pulses share the field with major grains, improves the soil and restore groundwater.



Addresses the double burden of malnourishment: Satiates the hungry and the “Weight Loss” meal of the obese.

Farm Body - People who work on the farm have a beautiful body tone, muscle strength, lustrous and thick hair owing to a diet rich in pulses.

Versatile: Can be consumed by both humans and cattle; by a toddler to the aged; from its pod to the whole crop.

# Kulith – The super pulse!

Cultivated in India since the time of Yoga and Ayurved. Eventually only a handful of conventional cash crops started dominating while the underutilized indigenous pulses, like Kulith, became marginalized!

From making Kollu, eaten with rasam and Idlis in the South to mouth watering Usal and Pithla in the coastal regions of Maharashtra, to Khichadi in Himachal, its consumed Pan India!

Kulith (Horsegram), with its excellent nutrient profile and plenty of antioxidants, protects you against kidney stones and gall stones and also prevents lifestyle disorders.

Has the potential to fight hunger, anemia, growth retardation, maternal mortality, fetal and infant abnormalities of the malnourished population.

Reference source:

NUTRITIONAL AND REMEDIAL POTENTIAL OF AN UNDERUTILIZED FOOD LEGUME HORSEGRAM (*Macrotyloma uniflorum*): A REVIEW, A. Bhartiya, J. P. Aditya and L. Kant, The Journal of Animal & Plant Sciences, 25(4): 2015, Page: 908-920 ISSN: 1018-7081

## Kulith – From past to present

Download the super pulse from your **ancestors** for your health. Native to India since millennia.

Recognized by your **genes**.

The pulse can help take your **'kul' forward**. The pulse promotes sperm production and helps maintain hormonal balance.



Versatility: **Cost effective food** for all age groups. Each and every part of the pulse can be used.

**The Mother pulse:** Easy to cultivate and also gives back by enriching the soil and your body.

**Wholesome meal:** Apart from protein, good source of minerals such as calcium, iron and zinc. Gives **Satiety** post the meal. Keeps you young, vibrant and beautiful.

# Kulith – Gluten free, vegan protein

## To counter Obesity

Lowers cholesterol  
Converts fat to energy

De-Stresses  
Promotes fat loss

Controls BP  
Controls Blood Sugar

Promotes lean body

Improves compliance  
to exercise

Lysine

Tryptophan

Arginine

BCAA

Phenylalanine

## To counter Malnourishment

Promotes growth  
& calcium absorption

Energy production  
Normal growth

Better nutrient delivery  
Improves immunity

Sustained energy release  
Reduces fatigue

Improves memory

References: Nutritive value of Indian foods (NIN), C. Gopalan.

# Kulith – For a beautiful you!

Prevents  
dark  
circles!

Lean and  
toned  
body!



Prevents  
stretch  
marks and  
wrinkles!

Soft supple  
skin!

# Kulith – A wholesome, economical meal!

1 serving= 25 g.



Price = Rs 1.5  
Protein= 6.25 g.

1 serving= 1 egg



Price= Rs 5  
Protein= 6.6 g.

1 serving= 150 ml.



Price= Rs 7.5  
Protein= 4.8 g.

v/s

and

A family of 4 can be fed a wholesome meal for just Rs 6 using Kulith, a good and healthier alternative to the currently expensive moong and toor dal.

References: Nutritive value of Indian foods (NIN), C. Gopalan.

## Two recipes using Kulith

### 1. Mandga

#### Ingredients:

Kulith and rice in a proportion of 2:1

A small piece of Jaggery

/ 1 cup – Sugarcane juice

1 cup – Milk,

Salt to taste

Elaichi powder and kesar to taste

#### Recipe:

Step 1: Dry roast kulith and rice separately. Remove the husk from the pulse and grind to make rava. Keep aside.

Step 2: In a pan, bring 1 cup water to boil and add salt, jaggery and milk (jaggery can be replaced by sugarcane juice)

Step 3: Begin adding the ground rava to this pan (just like kheer). Add elaichi and kesar for flavors. Drink this as a beverage for breakfast!

### 2. Shengole

#### Ingredients:

2 cups – Kulith atta, 3-4 tbspn - Hot oil

2 tspn – Jeera (1 tspn for dough and 1 tspn for Vaghaar), 1 tspn – Rai, 2-3 pcs – Kokum

Salt to taste

#### Recipe:

Step 1: Make a thick dough of kulith atta by adding hot oil, jeera and water to it.

Step 2: Roll out thin strips to make kadboli like round shape. Keep them aside.

Step 3: Prepare Vaghaar by adding rai and jeera to hot oil.

Step 4: Follow it up by adding water, kokam and salt. Bring to boil

Step 5: Add kadbodi to this vaghaar and cook.

This can be served with steaming hot rice and ghee or can be consumed as mid-meal snack