



PRESS RELEASE

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Legumes are of critical importance for sustainable food

Ece Duru, the Food Engineer of Duru Bulgur, pointed out that this year, World Environment Day, determined as the main theme of 'Ecosystem Restoration', provides a significant awareness of the importance of food sustainability, and said that legumes show bioavailability for all humankind with their rich nutrients. In this sense, legumes are distinguished as an important sustainable food for the world population.

The theme for the "World Environment Day 2021" which is celebrated annually on June 05, has been determined as 'Ecosystem Repair, Restoration and Revival'. Ece Duru, the Food Engineer of Duru Bulgur, said that World Environment Day serves an important global awareness of the protection of rapidly depleting natural resources and climate change and pointed out the importance of 'Legumes' to ensure sustainability in food. Ece Duru, who reminded the definition of the Food and Agriculture Organization (FAO) in 2010, stated that 'protective, accessible foods will direct the future of the world against the ecosystem'.

Legumes are of great importance for sustainable food

Ece Duru said that "legumes that occupy a very important place in our diet are briefly known as beans, chickpeas, lentils, peas, broad beans, and kidney beans. Although legumes are diverse, they are of great value as vital sustainable food for the world population. Therefore, legumes are highly important as human nutrition in all populations and geographies.

Ece Duru, who evidenced the indispensable value of pulses in human health with figures, said: 'legumes with high protein content provide the energy which is our need for daily nutrients. It helps to fill the deficiency of these minerals in the diet due to its contents of iron, folic acid, potassium, and zinc. Potassium in legumes is two to eleven times higher than in rice. It can be said that potassium has an important role in reducing hypertension. Legumes have also an iron content that is two to sixteen times higher than rice. Global consumption of legumes shall have a significant effect on reducing iron deficiency. Legumes are also rich in folic acid content and contain 40 to 60 times higher folic acid than rice. Increased consumption of legumes helps to increase folic acid levels in the diet'.