

GOVERNMENT OF INDIA  
MINISTRY OF AGRICULTURE AND FARMERS WELFARE  
DEPARTMENT OF AGRICULTURE, COOPERATION AND FARMERS WELFARE

**LOK SABHA**  
**UNSTARRED QUESTION NO.2483**  
TO BE ANSWERED ON THE 2<sup>ND</sup> JANUARY, 2018

**PULSES CULTIVATION**

2483. SHRI JANARDAN MISHRA:

Will the Minister of AGRICULTURE AND FARMERS WELFARE ऋषभशर्मा एवं किसान कल्याण मंत्रालय के द्वारा  
be pleased to state:

- whether cultivation of pulses can be an important solution for the problem of malnutrition;
- if so, the details thereof;
- the details of the other benefits of pulses cultivation; and
- the steps being taken by the Government for enhancing cultivation of pulses?

**ANSWER**

MINISTER OF STATE IN THE MINISTRY OF AGRICULTURE AND FARMERS WELFARE

ऋषभशर्मा एवं किसान कल्याण मंत्रालय के द्वारा ऋषभशर्मा ( SHRI PARSHOTTAM RUPALA)

(a) to (c): Yes, Madam. The cultivation of pulses is one of the solutions for reducing malnutrition due to their nutritive value which are given at **Annexure**. The details of other benefits of pulses include enriching the soil health, fixing atmospheric nitrogen in the soil. Pulses are also an integral part of the cropping system all over the country because these crops fit in well in the crop rotation and inter-cropping followed by the farmers. Pulse crops, besides being rich in protein and some other nutrients.

(d): Government has been implementing National Food Security Mission (NFSM)-Pulses under Krishonnati Yojana in 638 districts of 29 states of the country.

## Annexure

**Annexure Referred to in Reply to Lok Sabha Unstarred Question No. 2483 due for answer on 02.01.2018 regarding “Pulses Cultivation”.**

The nutrient composition of some common pulses per 100 g Edible Portion on Dry Matter basis (EPDM) of whole, dried, raw pulses is given here under:

Pulse	Energy (kcal/100g EPDM)	Protein (g/100g EPDM)	Carbohydrate Available (g/100g EPDM)	Total Dietary Fibre (g/100g EPDM)	Total fat (g/100g EPDM)	Calcium (mg/100g EPDM)	Iron (mg/100g EPDM)	Zinc (mg/100g EPDM)	Folic acid (µg/100g EPDM)	Vitamin A (µg/100g EPDM)
Chickpea (Desi)	332	21.2	40	21.2	5	157	8.1	3.26	390	13
Chickpea (Kabuli)	359	20.8	48.9	13.1	6.1	97	5.9	3.11	400	7
Cowpea	333	21	51	11.4	2.5	125	5.8	1.91	640	3
Lentil	319	24.1	45.1	16.6	1	75	7.5	3.56	150	3
Mung bean	321	20.2	48.7	17.1	1.3	93	4.1	1.63	620	15
Pea	310	23.4	38.4	22.2	2.1	42	4.5	3.32	170	9
Pigeon pea	306	22.4	39.6	22.5	1.5	137	5.3	2.95	350	27

**Source: FAO/INFOODS global food composition database for pulses.**

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