

Answers to Name That Pulse Activity:

Please note, only the name of the pulses was needed. The nutrition information is provided for additional information.

1. Baby Lima Beans (1/3 cup)
 - a. 0.4 grams fat
 - b. 2.5 grams fiber

2. Lentils (1/3 cup)
 - a. 0.3 grams fat
 - b. 3 grams fiber

3. Yellow Split Peas (1/3 cup)
 - a. 0.3 grams fat
 - b. 5.4 grams fiber

4. Red Kidney Beans (1/3 cup)
 - a. 0.6 grams fat
 - b. 9 grams fiber

5. Green Split Peas (1/3 cup)
 - a. 0.2 grams fat
 - b. 2.4 grams fiber

6. Pinto Beans (1/3 cup)
 - a. 0.2 gram fat
 - b. 3 grams fiber

7. Small White Beans (1/3 cup)
 - a. 0.2 gram fat
 - b. 4 grams fiber

8. Chickpeas (1/3 cup)
 - a. 1.6 grams fat
 - b. 5 grams fiber

9. Black Beans (1/3 cup)
 - a. 0.2 grams fat
 - b. 5.5 grams fiber