



Pulses

Guest Editor:

Prof. Dr. Marcello Iriti

Department of Biomedical,
Surgical and Dental Sciences,
Università degli Studi di Milano,
20133 Milan, Italy

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Message from the Guest Editor

Pulses belong to the subfamily Faboideae, included in the Fabaceae family, and represented an essential part of the human diet for centuries (the cultivation of some legumes dates back to 7000–8000 BC). Pulses also play an important role for sustainability: they are a main component of crop rotations, they require less fertilisers than other crops and they are a low carbon source of protein. Indeed, because of their nitrogen-fixing properties, legumes are part of the rotational crops farmers can use to maintain soil fertility. In nutrition, pulses are part of a healthy, balanced diet and have been shown to have an important role in preventing chronic-degenerative diseases such as certain types of cancer, diabetes and heart disease. Therefore, they can be fully considered a ‘superfood’, source of protein, dietary fibre, minerals, vitamins, and bioactive phytochemicals.

With warmest regards,

Prof. Dr. Marcello

Iriti

Guest Editor





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Editor-in-Chief

Prof. Dr. Maurizio Battino

Department of
Odontostomatologic and
Specialized Clinical Sciences,
Sez-Biochimica, Faculty of
Medicine, Università Politecnica
delle Marche, Via Ranieri 65,
60100 Ancona, Italy

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