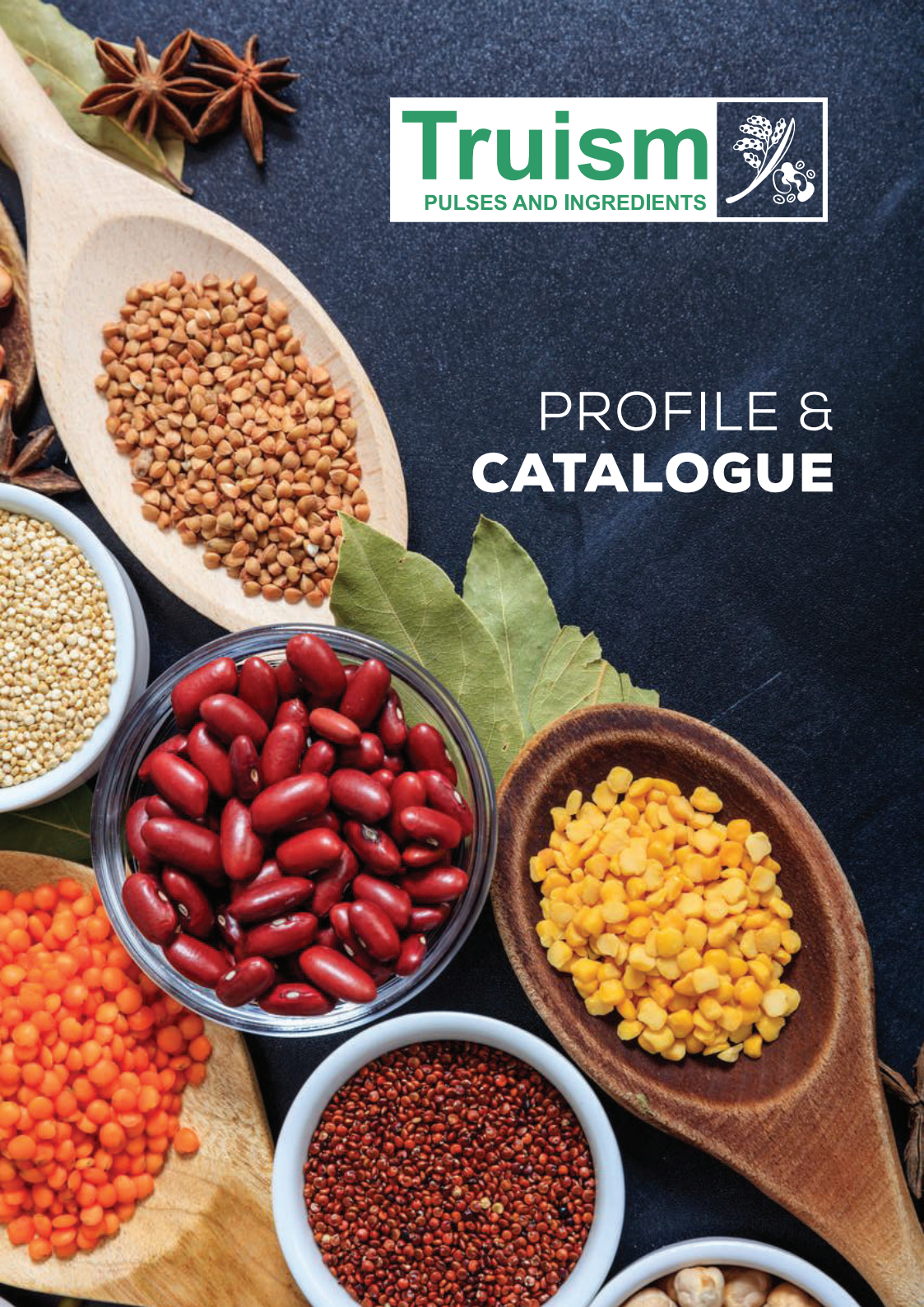


Truism

PULSES AND INGREDIENTS



PROFILE & CATALOGUE





INTRODUCTION

Food and Nutrition insecurity is currently a concern, according to the Global Alliance for Improved Nutrition (GAIN), 2 in 3 people worldwide are malnourished; And there is growing interest in plant protein sources as opposed to animal protein for healthy living. At Truism, we drive food and nutrition security, by promoting the responsible production and consumption of dry pulses. We are committed to building agroecological and organic farming, transitioning our farmers from conventional agriculture.

Pulses are the edible seeds of plants in the legume family. Pulses grow in pods and come in a variety of shapes, sizes, and colors. The United Nations Food and Agriculture Organization (FAO) recognizes 11 types of pulses: dry beans, dry broad beans, dry peas, chickpeas, cow peas, pigeon peas, lentils, Bambara beans, vetches, lupins, and pulses nes (not elsewhere specified – minor pulses that don't fall into one of the other categories)

OUR MISSION

We aim to drive the adoption and consumption of dry pulses as an alternative to animal protein, a nutritious and safe food for all people.

WHY PULSE, AND WHY TRUISM

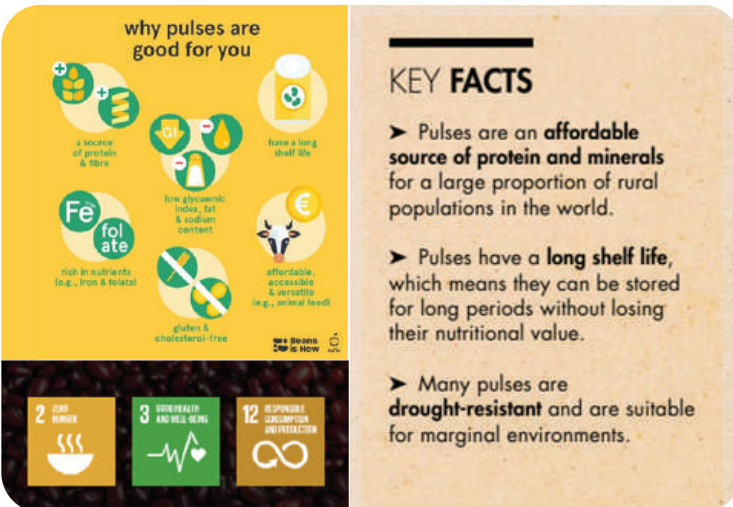
FOOD SECURITY:

Pulses are an important source of protein, high in fiber and low in fat and they are crucial to ensuring food security, especially in sub-Saharan Africa and areas with limited access to animal protein sources. They are cheaper than animal protein.

BIO-DIVERSITY:

The production of synthetic nitrogen fertilizers is one of the biggest greenhouse gas challenges. However, the pulses we grow can biologically fix nitrogen, and phosphorus into the soil, promoting soil biodiversity and soil health.

KEY INFOGRAPHICS:



SOCIAL IMPACT:

We take pride in our commitment to sustainability and ethical sourcing. By choosing our pulses, you are not only treating your taste buds to a burst of flavor but also supporting smallholder farmers, their families, and their communities. Each purchase contributes to a cycle of responsible agriculture that benefits both the environment and the people behind this exceptional line of dry pulses.

**678+**

Farmers served,
under 18 month

**50%**

Increase in household
income

**42MT**

Of climate smart
food produced

**68.9%**

of our farmers are
women and youth.



OUR SERVICES:

03

BULKING & AGGREGATION:

We also offer as a service for both local and regional players, our business model designed to be nimble, cost-effective, and adaptable to changes in market conditions, volatility, and supply disruptions, all while remaining committed to meeting the needs of our customers

SOIL TESTING:

We provide on-site soil testing aimed at assisting farmers in enhancing their soil productivity. With soil Cares' Soil Scanner, we offer a convenient and expeditious method of analyzing your soil's N,P,K, and PH levels at very affordable rates.



FINANCIAL LITERACY FOR SMALLHOLDER FARMERS:

We empower farmers through financial literacy training to enhance their business operations, take advantage of existing infrastructure, know their rights, and make a significant impact.



PRODUCT CATALOGUE:



BLACK BEANS:

A staple in many cuisines, nutrient-packed legumes with robust flavor and versatility. The benefits of black beans extend to their rich protein and fiber content, promoting satiety and digestive health.

Retail Loses packs: **1Kgs, 2kgs & 5kgs**
Commercial packs: **25kgs, 50kgs & 90Kgs**



MUNG BEANS:

06



Mung bean, also known as moong or green gram, is also used widely in this cuisine. Mung beans are one of the best plant-based sources of protein. They're rich in essential amino acids, antioxidants, and nutrients



Retail Loses packs: **1Kgs, 2kgs & 5kgs**
Commercial packs: **25kgs, 50kgs & 90Kgs**

KIDNEY BEANS:

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Scientifically *Phaseolus vulgaris*, are kidney-shaped legumes renowned for their robust flavor and nutritional richness. These beans are a powerhouse of protein, fiber, and essential nutrients, supporting heart health, preventing anemia, and promoting digestive well-being.



Retail Loses packs: **1Kgs, 2kgs & 5kgs**
Commercial packs: **25kgs, 50kgs & 90Kgs**

YELLOW BEANS:

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Yellow beans also known as wax beans are a good source of protein, dietary fiber, folate, and other essential nutrients.

Retail Loses packs: **1Kgs, 2kgs & 5kgs**

Commercial packs: **25kgs, 50kgs & 90Kgs**



WHITE NAVY BEANS

Navy beans are small, pea-sized beans that are creamy white in color. They are mild-flavored beans that are dense and smooth like other common beans.

Retail Loses packs: **1Kgs, 2kgs & 5kgs**

Commercial packs: **25kgs, 50kgs & 90Kgs**



BLACK-EYED PEAS:

Add a touch of Southern charm to your meals with our black-eyed peas. These legumes are perfect for traditional dishes like Hoppin' John or as a tasty addition to salads. Their mild flavor and creamy texture make them a delightful choice for various culinary creations.



Retail Loses packs: **1Kgs, 2kgs & 5kgs**
Commercial packs: **25kgs, 50kgs & 90Kgs**

GREEN PEAS:

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Green peas are seeds that come from a legume plant, but they are most often consumed as a starchy vegetable. High in many nutrients and antioxidants.



Retail Loses packs: **1Kgs, 2kgs & 5kgs**
Commercial packs: **25kgs, 50kgs & 90Kgs**

WHITE PIGEON PEAS:

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White pigeon pea is also known as toor dal (India), Perennial Variety grows into a bushy small tree and is highly drought and disease-resistant. This tree is a natural nitrogen fixer and its leaves add to soil biomass and enrich the soil.



Retail Loses packs: **1Kgs, 2kgs & 5kgs**

Commercial packs: **25kgs, 50kgs & 90Kgs**



SESAME SEEDS

Sesame seeds are rich in nutrients like calcium, iron, and healthy fats. Their antioxidant content supports a healthy life, with anti-inflammatory properties and digestive benefits, sesame seeds offer a flavorful boost to energy and overall well-being.



Retail Loses packs: **1Kgs, 2kgs & 5kgs**

Commercial packs: **25kgs, 50kgs & 90Kgs**

SOY BEANS

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SOYBEAN (*Glycine max*) is the most nutritious crop in the world containing approximately 40% protein and 20% oil, both of which are vital in human and animal diets. Soybean contains at least 100% more proteins with yields of 5-10 times more protein per unit area than any other crop. The protein in soybeans is also balanced with all the essential amino acids which the body cannot manufacture.

Retail Loses packs: **1Kgs, 2kgs & 5kgs**
Commercial packs: **25kgs, 50kgs & 90Kgs**





Peanuts provide protein, vitamins, minerals, and antioxidants.

Our peanuts are a versatile ingredient for your cooking, snacking, oil pressing, and animal feed production. The Varies include the Pale-Kernelled and The Red Valencia type, but ranging from the large-seeded Roxo to the small-seeded Red Beauty.

Retail Loses packs: **1Kgs, 2kgs & 5kgs**

Commercial packs: **25kgs, 50kgs & 90Kgs**



MORINGA POWDER:

Moringa Oleifera is the scientific name for a widely-cultivated medicinal crop more commonly known as the “drumstick tree.” Native to North India, it is sometimes referred to as a “miracle tree” because nearly all parts of the tree have medicinal applications. Moringa leaves, for example, are an excellent source of many vitamins and minerals. The plant is a complete plant protein with all 9 essential amino acids. It packs more nutrients per serving than any other plant in its category.



Available in 100gms & 250gms

TURMERIC POWDER:

Thanks to curcumin, turmeric has anti-inflammatory and antioxidant properties, which may play a role in reducing the risk of several diseases, like type 2 diabetes, heart disease, and cancer. Turmeric spices and supplements are made from the rhizome—or root—of the plant, which are ground up.



WE ARE ASSOCIATED WITH:



THE TONY ELUMELU
FOUNDATION



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