

NATIONAL PASTA MONTH

Each **October**, pasta lovers everywhere celebrate National Pasta Month!

You can help celebrate by reminding customers that pasta is the perfect foundation for a healthy meal and by sharing tips for easy, affordable and nutritious recipes from www.pastafits.org!

Pasta Fits...

- your healthy diet with 7g of protein and fewer than 200 calories per serving.
- your busy lifestyle with easy, quick, and wholesome meals for active families.
- your budget with affordable and nutritious meals on a budget.
- every occasion, with versatile recipes that please every palate.



Pasta also fits the 2015-2020 recommended U.S. Dietary Guidelines!

Pasta Nutrition Messages:

- Pasta is the perfect foundation for a healthy, delicious and satisfying meal. As an ideal “delivery system” for other nutritious foods, pasta meals can easily become nutritional all-stars. (Be sure to keep an eye on portion sizes to keep calories at bay. A one-cup serving of cooked pasta is roughly the size of your fist).
- Overly-restricted diets take the joy out of eating. With so many options for building lower calorie, nutrient-rich pasta meals, you’ll never get bored or feel limited while eating pasta.
- Avoiding or limiting carbohydrates can leave you feeling sluggish, tired and unable to concentrate. Complex carbohydrates like pasta provide the optimum type of “fuel” to power your muscles and brain, as they are digested more slowly, it provides a slower release of energy to keep you going throughout the day.
- Pasta is an ideal partner for other nutritious foods that are essential to a healthy diet. It’s great to pair with fiber-filled vegetables and beans, heart healthy fish and oils, antioxidant-rich tomato sauce and protein-packed, poultry and lean meats.
- Pasta is a perfect foundation for healthy, nutritious and satisfying meals: pasta is generally eaten with nutrient-dense food partners, such as fiber-filled vegetables and beans, heart healthy fish and monounsaturated oils, antioxidant-rich tomato sauce and protein-packed cheeses, poultry and lean meats.

