



www.pastafits.org

Dear Registered Dietitian Nutritionist:

Pasta continues to be one of American's favorite foods and for good reason! Pasta makes the perfect delivery system for the healthy foods one should have each day... and the possibilities for nutritious meal solutions using pasta for breakfast, lunch, dinner and even dessert are limitless!

The National Pasta Association (www.pastafits.org) is pleased to provide you with the **Pasta Fits Toolkit for Supermarket Dietitians**. This toolkit will help you educate your customers about pasta as a nutritious, delicious, convenient and affordable meal solution, as well as how pasta fits perfectly into a healthy diet.

In addition to nutrition information, reference materials, and cooking and recipe tips, we have included reproducible pages for you to distribute to your customers in-store or at community events.

Included in this toolkit are the following resources:

Pasta History & Facts

Do you know how and where pasta originated? Do you know how pasta first came to America? This handy history guide and list of cool facts offers lots of interesting information and talking points about pasta.

Pasta Nutrition & Health Benefits

Often paired with nutrient-dense plate partners, pasta is the perfect foundation for a healthy meal and an integral part of the Mediterranean Diet. Get the facts and figures here.

Pasta Myth Busters

When it comes to pasta and nutrition, conflicting messages can confuse consumers. Pasta Fits breaks down some of the most common misconceptions about pasta and offers the correct information.

Pasta Cooking Tips

Learn the art to cooking pasta perfectly every time as well as how to make a quick, healthy meal on a low budget! Also get tips for proper saucing to create easy, delicious meals.



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Pasta Sauce & Storage Tips

Here's how to whip up a delectable sauce as well as find expert tips on proper pasta storage so that you can make meals now and freeze for later.

Pasta Recipe Ideas

What's for dinner tonight? Pasta Fits offers dozens and dozens of versatile and interesting recipes (a new one each week!) that are nutritious, delicious and easy to prepare. Pasta Fits recipes are all approved by a Registered Dietitian Nutritionist and developed to contain approximately 600 calories or less per serving. Check out some fantastic recipes here as well as on www.pastafits.org to make a perfect meal today!

Pasta: A Pantry Staple

No time to shop? Tired of searching for new recipes? Only have 20 minutes to prepare a meal? This helpful guide will take what's in your pantry and turn it into a wholesome meal that's sure to be a crowd pleaser.

National Pasta Month Talking Points

Grab a fork and twirl! Each October, we celebrate National Pasta Month by sharing our love for pasta. Help spread the word about pasta as a perfect fit for a healthy diet, tight budget and busy lifestyle.

Sample Pasta Demo

Here is a great demonstration of a delicious pasta recipe that is the perfect solution for customers seeking to add more veggies to their diet.

For more pasta inspiration and ideas, please visit our website and social media pages - we'd love to hear how you fit pasta into your life! For reproducible educational handouts, informational sheets and a large database of healthy recipes, please visit our website – www.pastafits.org or any of our social media channels – www.facebook.com/pastafits, www.twitter.com/pastafits, www.pinterest.com/pastafits, www.instagram.com/pastafits and www.youtube.com/pastafits - to print or share with your customers.

If you have questions or special requests, please contact us. We look forward to working with you.

Best regards,



Carol Freysinger
Executive Director



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