Pasta for All

for Taste

for Health

for Convenience

I.P.O.

International Pasta Organisation
International Pasta Organisation: Mission & Activities

The International Pasta Organization was founded in Barcelona on World Pasta Day 2005 — October 25, 2005 — and was formally organized in Rome on World Pasta Day 2006 — October 25, 2006.

Mission:
The International Pasta Organization (IPO) is a nonprofit association dedicated to:

1. Educating consumers, health professionals, journalists, government officials and others about pasta (health, taste and convenience).
2. Increasing consumption of traditional pasta around the world.

Activities:
In order to carry out this mission, the IPO:

1. Organizes research, promotional and educational programs (such as World Pasta Day) about pasta.
2. Collects and distributes information about pasta (nutritional, statistical and other information) in different countries.
3. Organizes a Scientific Advisory Board (a panel of experts in nutrition, healthcare and physical activity) who educate consumers and others through the media, conferences, research, publications, workshops, and other related activities.

Scientific Advisory Board

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Introduction: What Is Pasta?

Pasta: a basic staple ingredient used in cooking around the world.

Pasta: an ingredient made from durum wheat semolina or from the flour of certain other grains mixed with water and/or eggs, which is then kneaded and formed into various shapes; it is dried and cooked prior to eating.

Pasta: a dish made with cooked pasta.

Pasta: a delicious family meal favorite; the signature dish of many of the world’s most famous chefs; a comfort meal in times of stress; an exciting meal in times of celebration; and a bonding meal when friends gather together around a home kitchen table or a restaurant table.

Pasta: recognized all over the world as an identifying ingredient of traditional healthy meals, especially in Mediterranean and Latin–American regions.

Pasta Meal: pasta with other foods that serve as partners on the plate or in a bowl.

Pasta meal: recognized by physicians and nutrition scientists as uniquely healthy, because:

1. Its centerpiece — pasta — is a slowly-digested carbohydrate;

2. It is traditionally dressed with olive oil, a very healthy dietary fat; and

3. It is often mixed with tomato sauce, cheese, vegetables, beans, and seafood, or other lean meat.
Introduction: Summary and Purpose of PASTA FOR ALL

This PASTA FOR ALL brochure summarizes the consistent accumulation of scientific evidence for the healthfulness of pasta and the pasta meal. These recent findings support that pasta itself is a healthful and nutritious food, and also that when paired with its “partners”—olive oil, vegetables, beans, cheese, fish, or meat—pasta can be made into a delicious and balanced meal.

The brochure is also an overview of pasta’s popularity in most corners of the world. Pasta has become a truly international dish, which is good news for people who want to eat for health, taste, and convenience.

Many people around the world are likely to say, at home or at a restaurant, “I want some pasta,” or words to that effect. What they really mean is, “I want pasta with some sauce,” or, “I want soup with pasta.” Suddenly, “pasta” is transformed into an artistic creation, and the artist can be a restaurant chef preparing an elegant dish, or a home cook preparing a family dinner. Wonderful, versatile pasta can be served in a variety of dishes from everyday to gourmet.

Whether served simply or grandly, pasta is wonderful!
Scientists Confirm Pasta’s Healthy Place In the Diet

Pasta made headlines around the world in February 2004 when nutrition scientists from three continents met in Rome to discuss pasta and health. Their conclusion? Pasta is a healthy carbohydrate-containing food, and is a key ingredient of healthy traditional diets.

To learn WHY pasta is healthy, 1) take a look at the conclusions of the Healthy Pasta Meal Scientific Consensus Statement written by 34 prestigious scientists, and 2) also refer to the summary of just a few of scientific studies supporting the healthfulness of pasta.

Pasta’s Place in a Balanced Diet and the Points of the Scientific Consensus Statement

Consensus Statement #1
Carbohydrate-containing foods are an essential part of a healthy, balanced diet.

Dietary carbohydrate is the primary source of glucose for the body, which is the main fuel (or energy source) for the brain, red blood cells, muscle and organs. Without carbohydrates, a diet is not balanced or complete. There is worldwide consensus among high-level nutrition scientists that carbohydrates are a key ingredient in an eating pattern that promotes healthy longevity. Around the world, scientists and government agencies recommend that people divide their calories in this way: 45–60 % carbohydrates, 25–30 % fat, and 15–20 % protein.
Consensus Statement #2
Pasta has a low glycemic index.

The glycemic index (GI) measures how rapidly a carbohydrate-containing food triggers a rise in one’s blood glucose level — the higher the GI number, the greater the blood glucose response (which makes the body digest the food more quickly, and not receive the full benefits of eating that food). Pasta, a low GI food, does not cause blood glucose levels to rise quickly. Slow-release carbohydrates/low glycemic index foods, like pasta, may have benefits for healthy longevity and physical and cognitive performance, and may play a key role in preventing chronic diseases such as obesity, diabetes, coronary heart disease and certain cancers.

Consensus Statement #3
Pasta is a “good” carbohydrate.

The overall structure of pasta causes it to be digested more slowly than most other carbohydrate-containing foods.

Consensus Statement #4
Pasta meals are very efficient “delivery systems” for healthy foods.

Pasta is not eaten by itself, but joined by “partners” in a mixed meal, including vegetables, olive oil, tomato sauce, beans, nuts, and lean cuts of poultry, meat, fish and shellfish. By combining these multiple healthy ingredients, it becomes a pasta meal, slowing digestion and absorption of blood glucose while providing essential nutrients such as fiber, protein and vitamins. Although pasta has a low GI on its own, the GI of a mixed meal containing pasta may be even lower.
Consensus Statement #5
Pasta, when eaten in healthy portions, does not promote weight gain.

Weight gain cannot be attributed to one food in particular. It is caused by consuming more total calories than are burned off. When eaten in the proper portions and in combination with healthy foods, pasta does not cause weight gain. A healthy portion of pasta is two ounces of uncooked pasta or half a cup of cooked pasta.

Consensus Statement #6
High-fat/low-carb diets may be dangerous.

High-fat/low-carb diets are thought by some to pose health risks. Eating too much of any single food, including pasta, may promote weight gain and/or other poor health conditions.

Consensus Statement #7
Traditional diets are strongly recommended.

Traditional diet patterns, like the Mediterranean, Latin American, and other heart–healthy diets can offer greater health benefits than the typical Western diet. These patterns are characterized by an abundant variety of plant foods (fruits, vegetables, breads, pasta, other forms of cereals, potatoes, beans, nuts, and seeds), healthy fats like olive oil, dairy products (mostly cheese and yogurt), fish and poultry consumed in low amounts, and wine consumed in low to moderate amounts.
Evidence of Pasta’s Health Benefits

There is a consistent and mounting accumulation of scientific evidence for the healthfulness of pasta and the pasta meal. The following pages include summaries of recent scientific studies. These findings make clear that not only is the pasta itself a healthful and nutritious food, but that when it is paired with other healthy ingredients like olive oil, vegetables, beans, fish, or meat — pasta is a perfect meal.

Pasta meals help lower the glycemic index of a meal — more nutrition benefits!

Scientists find when pasta is combined with other foods, such as cheese, chili con carne, beans or tuna fish, these added ingredients may lower the glycemic index of a pasta-based meal. Pasta-based meal + other healthy ingredients = a lower GI index of the meal = more nutritious and filling!


Pasta can be beneficial for those with diabetes.

A study published by Diabetes Care concluded grain–based foods (especially whole grain varieties) with a low glycemic index, such as pasta and oats, are beneficial for people with diabetes.

Pasta may reduce the risk of breast cancer.

A study from the *Annals of Oncology* reported that high glycemic index foods may increase the risk of breast cancer, while the intake of pasta, a low glycemic index food, seemed to have no influence.


Pasta may lower the risk of Type 2 diabetes.

In 2008, a study published in the *American Journal of Clinical Nutrition* concluded that a low GI diet filled with low GI foods, like pasta, may be preferred for the dietary management of type 2 diabetes.


In 2002, Finnish researchers found that consumption of pasta–based carbohydrates and rye bread can lower the risk of developing Type 2 Diabetes.

Alzheimer’s and the Mediterranean diet.

Researchers concluded that following a Mediterranean diet, in which pasta is one of the cornerstone foods, may reduce the risk for developing Alzheimer’s disease. Researchers also found that following the Mediterranean diet may increase lifespan in those who do develop Alzheimer’s disease.


Pasta meals with tomato–based sauces may reduce the risk of prostate cancer.

Lycopene, a potent antioxidant found in tomatoes, acts to repair damaged cells in the body. This positive effect of lycopene is thought to help prevent prostate cancer since prostate cancer risk is lower in men who frequently eat tomato products.


“Life is a combination of magic and pasta.”
Federico Fellini
Pasta meals can help people maintain or lose weight.

Carbohydrate–containing foods, like pasta, may aid weight loss and management efforts. Studies in the *New England Journal of Medicine* and the *Journal of the American Medical Association* report there are no significant differences in weight loss between low–carbohydrate diets and conventional weight loss plans. The studies attribute weight–loss to a reduction in calories, not carbohydrates.

This means that a delicious pasta meal, when eaten in healthy portions, can be part of a successful weight loss plan.


Pasta does not lead to abdominal obesity.

The *Nutrition Journal* reported in its December 2006 issue that eating vegetable oil, pasta and low–fat milk are associated with a healthier distribution of body fat around the hips, rather than around the waist.

Pasta does not cause food cravings.

The findings of a study looking at the long-term changes in food cravings in a calorie-restricted research program suggested that cravings are actually for calories, not foods high in carbohydrates like pasta, as is widely assumed. What is commonly called “carbohydrate addiction” should probably be relabeled as calorie addiction.


“Pasta is architecture designed for the taste buds. Every single shape is a brick, different in form, consistency and color, to create an extraordinary construction, both physical and mental, a true expression of taste…”

L’Enciclopedia della Pasta

Pasta and whole grains: a delicious, healthy relationship

For extra health benefits, try a whole grain pasta variety of pasta for dinner. Whole grains provide a healthy mix of nutrients proven to be beneficial in the fight against heart disease, strokes, type 2 diabetes, even obesity. Pasta is a delicious and family-friendly way to add more whole grains to any diet.

There are a wide range of whole grain pasta options, from gluten-free to 100% whole wheat. Some manufacturers have even created pastas that blend traditional refined semolina flour with whole grain ingredients. The taste of these pastas range from nutty and rich to smooth and mild and can be a great way to introduce whole-grain pastas to even the most discerning palate.

As with regular refined flour pastas, it is always a good idea to prepare whole-grain pastas according to package directions. However, whole grain varieties tend to dry out a bit faster once removed from boiling water, so try to add sauces or coatings as quickly as possible.

Tips on Cooking Pasta:

Pasta tastes its very best when eaten right after it’s cooked. The golden rule is to cook pasta “al dente” — neither too raw nor too cooked. To taste pasta at its finest, just follow these simple guidelines and cooking times:

- Pour a generous amount of water (4 ¼ cups per ¼ pound of pasta) into the pot, and place pot on high heat. Add salt.
- When the water begins to boil, add the pasta to the pot.
- Let the water return to a boil, stirring the pasta from time to time, cooking it per the “boiling time” displayed on the pasta label.
- Use a colander to drain the pasta, and then put the pasta on a plate. Add your favourite sauce, mix well and serve hot.

Capellini with Peppers, Tomato, & Prosciutto

½ pound capellini  
¾ cup diced prosciutto  
1 red pepper  
1 green pepper  
1 carrot  
4 tablespoons pine nuts  
2 peeled and chopped tomatoes  
1 ¼ cup grated cheese  
Pinch of paprika powder  
Pepper and salt to taste  
Butter or margarine

Clean or peel the peppers, tomatoes, and carrot and cut them into small pieces. Heat the butter in the pan over low heat and sauté the pine nuts gently until light brown. Then add the pieces of carrot, peppers and prosciutto, turn heat to medium and simmer until all begins to brown. Add the tomatoes and simmer until tomatoes begin to break down. Season the mix with pepper, salt and paprika powder. In the meantime, cook the pasta per the package instructions. Toss the pasta and sauce and sprinkle with the grated cheese.

Makes 2-3 Servings
**Penne Rigoletto**

1 pound penne pasta  
¾ pounds eggplant  
1 ½ cups mozzarella cheese  
4 cups tomato sauce  
1 tablespoon pesto  
1 clove chopped garlic  
2 tablespoons extra-virgin olive oil  
2 egg yolks, beaten  
2 tablespoons wheat flour

Cut the eggplant in 1/2 inch-wide slices. Beat eggs yolks with fork in shallow bowl. Combine bread crumbs and wheat flour on a dinner plate. Dip the slices of eggplant in beaten egg yolks, and then in bread crumbs mixture to coat. Sauté in olive oil over medium heat until browned. Place them on paper towel to drain and cool. Cut the cooked eggplant and the mozzarella cheese into cubes and set aside. Cook penne pasta “al dente” in a lot of salt water. Drain and set aside. Sauté garlic in olive oil for one minute, then add the pesto, the tomato sauce, the eggplant, and cooked penne pasta. Stir delicately and then add the cubed mozzarella cheese. When the cheese melts, remove from the heat and serve immediately.

**Makes 4 Servings**

**Brazil**

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**Salad with Farfalle, Vegetables & Goat Cheese**

1 pound farfalle  
¾ pound red and yellow peppers  
½ pound small zucchini  
3-4 fresh thyme springs  
½ bunch fresh basil  
¼ cup goat cheese  
½ cup pitted green olives  
9 tablespoons extra virgin olive oil  
Salt and pepper

Cook the farfalle in until al dente. Meanwhile, trim and dice the zucchini, then sauté with 4 tablespoons of the olive oil for several minutes, seasoning with salt and pepper. Set aside. Cube the goat cheese and set aside. Wash and chop the herbs; set aside. Wash peppers, cut in two and discard seeds and white filaments. Grill peppers and cut them into cubes; set aside. When the pasta is cooked, rinse in cool water and drain. Put the pasta in a salad bowl, tossing with two tablespoons of olive oil. Add zucchini, peppers, aromatic herbs, goat cheese, olives and the rest of oil. Mix and serve.

**Makes 4 Servings**

**France**
**Spaghetti with Tomatoes and Basil**

1 ½ pounds spaghetti  
2 cups tomatoes (preferably San Marzano tomatoes)  
2 ½ tablespoons extra virgin olive oil  
2 tablespoons white onion, minced  
10 basil leaves  
4 tablespoons Parmigiano-Reggiano  
Salt and pepper to taste

Dip the tomatoes into boiling water for about ten seconds and place in a bowl of ice water for 1 minute. Remove from ice water, peel them, remove the seeds and cut them in slices. In a saucepan, brown the minced onion in the olive oil, then add the tomatoes. Season with salt and pepper. Cook for about ten minutes. Cook the pasta in plenty of salted water, drain it and add it to the sauce. Garnish with basil leaves and sprinkle with the grated Parmigiano Reggiano cheese before serving.

Makes 4 Servings

**Sopa Seca de Fideos**

2 pounds fideos (thin pasta)  
6 medium tomatoes, blanched and peeled  
2-3 tablespoons olive oil  
½ white onion, chopped  
2-3 cloves garlic, peeled  
2 cups chicken stock  
Parsley, finely chopped  
Grated queso anejo to taste  
Avocado slices (optional)

Puree the tomatoes, garlic and onion in the blender until fairly smooth. Heat the olive oil in a large, deep skillet over low heat and add the dry fideos. Stir the fideos until the turn uniformly brown, then remove with slotted spoon and set aside. Add the tomato mixture to the skillet with additional olive oil if necessary, and simmer over medium heat for several minutes. Add ¾ of the chicken stock and bring to a boil. Add the fideos to the tomato-stock mixture, and then bring heat back to low. Add the salt and parsley. The dish is done when the fideos are cooked and there is no more water in the pan (you may need to add the other ¼ of stock). Stir in the queso and garnish with avocado slices.

Makes 6 Servings
Fritos de Massa e Bacalhau

1/2 pound Alitrea pasta or other kind cooked ‘al dente’
1/2 pound cod, pulled apart into pieces
Pinch salt and pepper
1 tablespoon diced parsley
1 diced onion
7 tablespoons butter, melted
Bread crumbs
Olive oil, to sauté

Put the cod pieces into a bowl and mix them with the melted butter. Knead the mixture and add the cooked pasta, little by little. Add the parsley and onion. Knead everything one more time, season with pepper, and a little salt if needed. With this mixture, form small balls then flatten them. Coat them with the bread crumbs, and then sauté them in very hot olive oil until browned. When finished cooking, lay them on paper towel to absorb the excess oil.

Makes 4 Servings

Yogurt Pasta Salad with Bell Peppers & Feta

1 cup fat-free or low-fat plain yogurt
4 tablespoons fresh lemon juice
3 tablespoons whole grain mustard
2 garlic cloves, minced
2 tablespoons fresh lemon zest
1 pound whole grain penne pasta
1/2 cup chopped red bell peppers
1/2 cup chopped yellow bell peppers
1/2 cup chopped green bell peppers
1 1/2 cups crumbled feta cheese
1 cup chopped scallions

Whisk yogurt, lemon juice, mustard, garlic, and lemon zest in small bowl to blend. Season dressing with salt and pepper to taste. Cook penne according to package directions. Drain. Rinse pasta with cold water to cool quickly and drain thoroughly. Transfer pasta to large bowl. Add bell peppers, feta cheese, and scallions. Add dressing and toss gently to coat.

Makes 4 Servings
World Pasta Day – October 25th

Add this delicious holiday to your calendar!

WORLD PASTA DAY – PAST, PRESENT AND FUTURE!

At the World Congress on Pasta, held in Rome on the 25th day of October in 1995, pasta makers from around the world enthusiastically agreed that pasta – a healthy, delicious, popular, familiar and convenient food – deserved annual worldwide recognition.

Every year since, in countries around the globe, World Pasta Day has been celebrated on October 25th. This celebration of World Pasta Day draws increasing attention to the merits and benefits of pasta – its great taste, its healthfulness and its simple convenience – for people everywhere.

Join families, chefs and restaurants around the world every year on October 25th and celebrate World Pasta Day by trying a new recipe or two, or an old family-favorite, with your friends and family. And don’t forget that the magical merits of pasta – taste, health and convenience – are worthy of celebration all year long!

For more information on World Pasta Day, on pasta and pasta meals:

www.internationalpasta.org
www.oldwayspt.org
Active Members

**Belgium**  Etabl. Joseph Soubry NV/SA  www.soubry.be  
**Brazil**  ABIMA (Associação Brasileira das Indústrias de Massas Alimentícias)  www.abima.com.br  
**Colombia**  Productos Alimenticios Doria S.A.  www.pastasdoria.com  
Camara Fedemol  www.andi.com.co/camaras/fedemol  
**Costa Rica**  Roma Prince S.A.  www.pastasroma.com  
**France**  SIFPAF (Syndicat des Industriels Fabricants de Pâtes Alimentaires de France)  www.semouletpates.com  
**Italy**  UNIPI (Unione Industriali Pastai Italiani)  www.unipi-pasta.it  
**Mexico**  AMEXIGAPA (Asociación Mexicana de Industriales de Galletas y Pasta A.C.)  www.amexigapa.com.mx  
La Moderna:  www.lamoderna.com  
**Portugal**  Cerealis - Productos Alimentaires, S.A.  www.cerealis.pt  
**Spain**  AEFPAPA (Asociacion Espanola de Fabricantes de Pastas Alimenticias)  eepa@grupoenmacor.com  
**Turkey**  TMSD (Türkiye Makarna Sanayicileri Derneği)  www.makarna.org.tr  
**Uruguay**  La Nueva Cerro S.A.  www.adria.com.uy  
**USA**  American Italian Pasta Company  www.aipc.com  
Philadelphia Macaroni Company  www.conteluna.com  
**Venezuela**  AVEPASTAS (Asociacion Venezolana de Pasta Alimenticas)  www.avepastas.org.ve

Supporting Members

**Canada**  CWB (Canadian Wheat Board)  www.cwb.ca  
**Chile**  Empresas Carozzi  www.carozzi.cl  
**European Union**  UNAFPA (Union de Associations de Fabricants de Pâtes Alimentaires de la Union Européenne)  www.pasta-unafpa.org  
Union de Associations des Semouliers des Pays de l’UE  www.semouliers.org  
**Germany**  VTH e.V. (Verband der Teigwarenhersteller und Hartweizenmühlen Deutschlands e.V.)  www.nudelnmachengluecklich.de  
**Italy**  Ipack-Ima  www.ipackima.it  
**USA**  NPA (National Pasta Association)  www.ilovepasta.org  
US Wheat Associates  www.uswheat.org  
Miller Milling Company  www.millermilling.com

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