

PASTA'S ROLE IN ENCOURAGING CONSUMPTION OF OTHER HEALTHY FOODS



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A Balanced diet

CHARACTERISTICS OF A BALANCED DIET:

- Provides the body energy to function
- It has the right amounts of
- carbohydrates, proteins and fat
- It provides all the vitamins, minerals that the body needs.
- It gives the organism all nutrients and no nutrients it needs.



Ideal of energy distribution

- Carbohydrates 50-60%
- Protein 15-20%
- Fat 25-30%

CARBOHYDRATES



- Carbohydrates come from starch and sugar
- Ideally no more than 10% of total cho from sugar.

PROTEIN



15 to 20 % of energy

15% is a vegetarian diet

More than 25% is a high protein diet

FAT

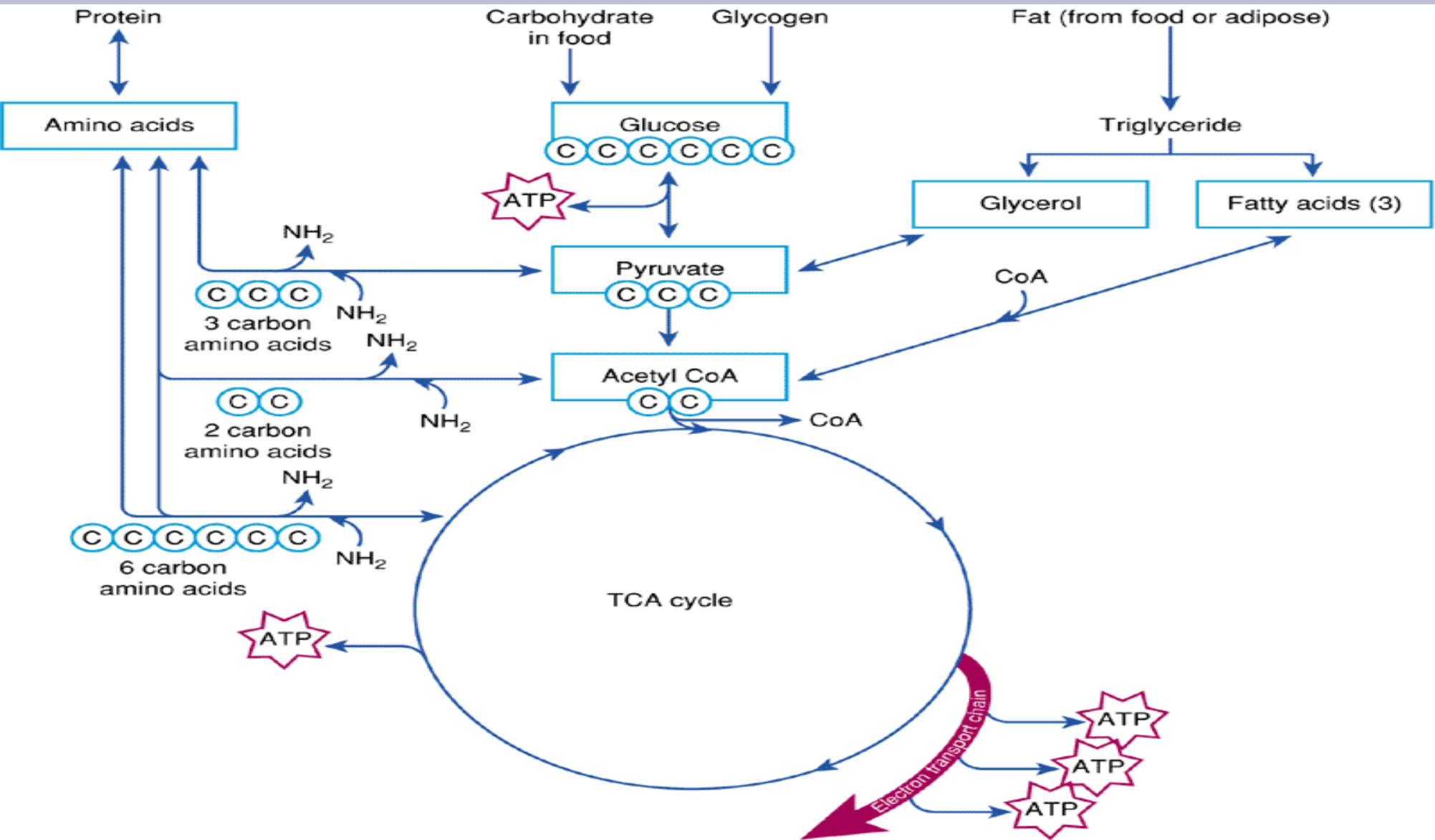


20 to 35% of energy

35% only for very
active people

20% minimum to
provides essential
fatty acids

Energy production



NO NUTRIENTS

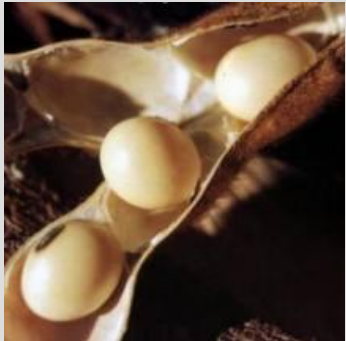


- Dietary fiber
- Phytochemicals: tanins
- Phytonutrients: carotenoids, flavonoids

NO NUTRIENTS



- Dietary fiber
- Phytochemicals:
tanins
- Phytonutrients:
carotenoids,
flavonoides
isothiocyanates,
isoflavonoids, etc.



What happens to our body with and umbalanced diet

LOW CARBOHYDRATES

Central nervous system and red blod cells use only glucose as a source of energy. Body needs at least 140 grams daily of carbohydrates to keep glicemic levels.

If there is no dietetic carbohydrates, the body uses muscle as a source of glucose, including cardiac muscle.

What happens to our body with and unbalanced diet

LOW FAT

Fats are necessaryas:

A transporter of fat soluble vitamins

A source of essential fatty acids

Needed to sintetize sustances for the inmune system

Part of all cell membranes

To sintetize hormones

In a recent study, Gardner et al, published in NEJM this year, they studied the content of micronutrient of 4 diet to lose weight (Dr. Atkins, Zone, LEARN and Ornish). The group with Dr. Atkins diet were deficient for thiamine, folic acid, vitamin C, iron, and magnesium;

How pastas can contribute to a healthy lifestyle

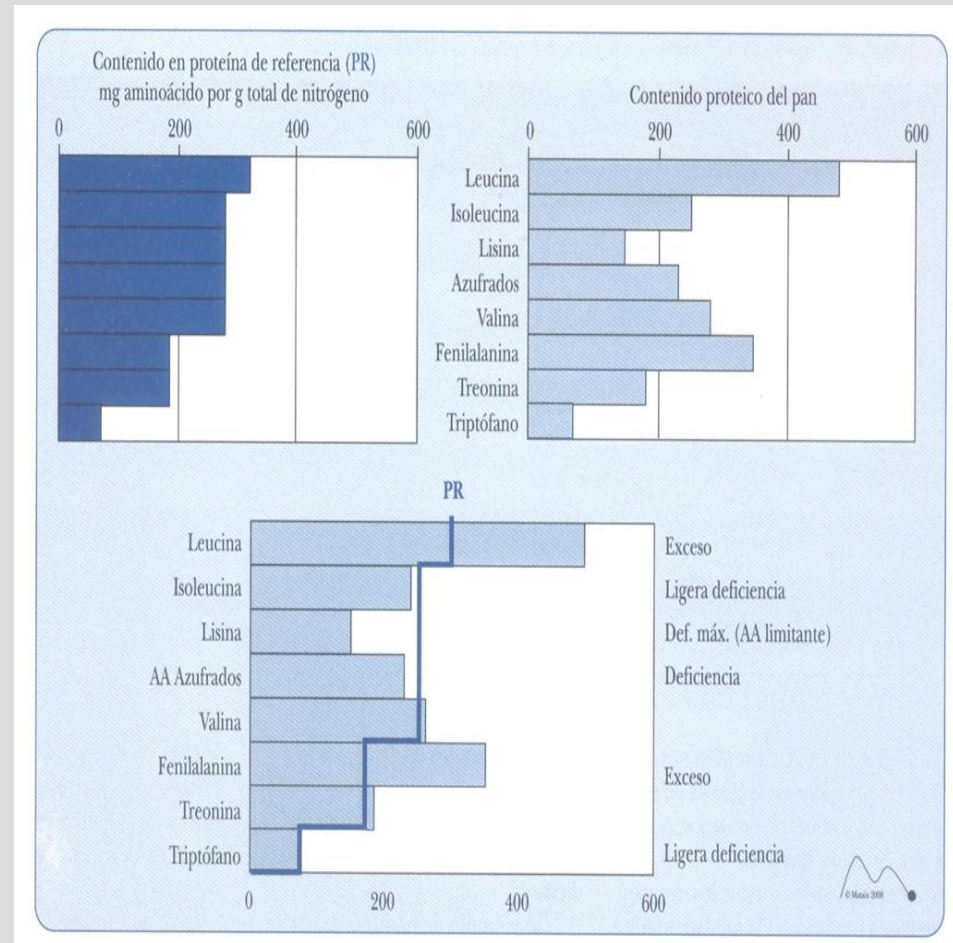
Characteristics of pastas:

- A very good source of energy and protein
- They are a very good source of micronutrients by itself and as vehicle of other foods.

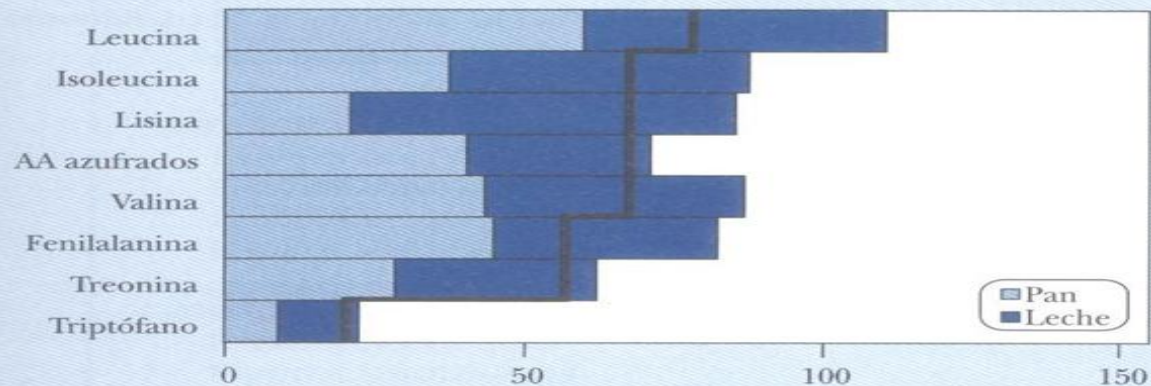
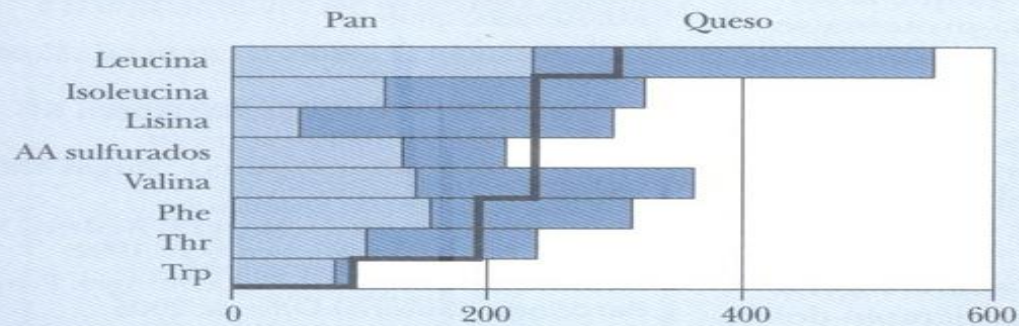
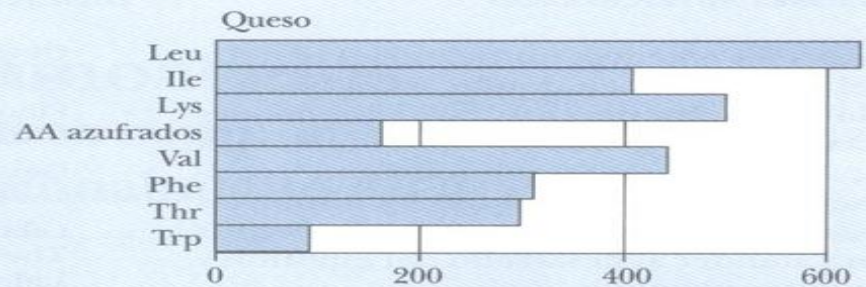
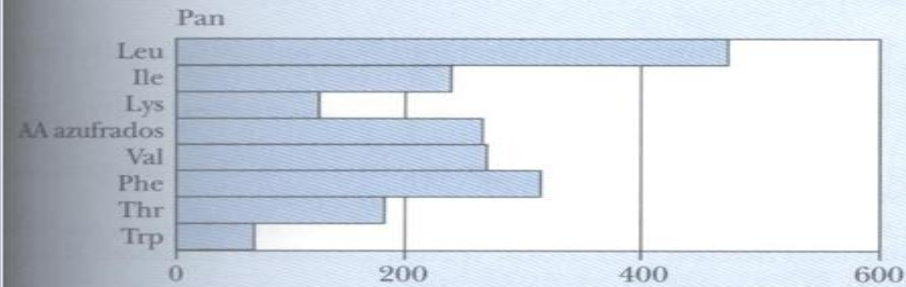


A source of protein of high quality

3 parts of protein from pastas combined with 1 part of a protein from legumes produce a high quality protein



Complementary proteins



Versatile



Pastas can be a unique plate with meat, vegetables and chesse



Gracias

