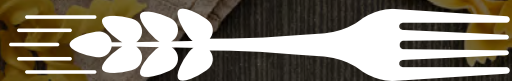


THE TRUTH ABOUT **PASTA**



One food, one love



I.P.O.

International Pasta Organisation

OLDWAYS
HEALTH THROUGH HERITAGE

THE INTERNATIONAL PASTA ORGANIZATION

The International Pasta Organization (IPO) 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 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 pasta around the world.

Activities

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, health-care and physical activity) who educate consumers and others through the media, conferences, research, publications, workshops, and other related activities.

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THE TRUTH ABOUT PASTA



One food, one love

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INTRODUCTION

This book summarizes the consistent accumulation of scientific evidence for the healthfulness of pasta (for people and for the planet), and insight on how pasta meals are enjoyed around the world. Inside, you'll find an overview of pasta's nutritional benefits, convenience, versatility, sustainability, and great taste.

WHAT IS PASTA?

Pasta is a basic staple food used in cooking around the world. It's made from durum wheat semolina or from the flour of certain other grains, mixed with water and/or eggs to make a dough. The dough is then kneaded and formed into various shapes. It is then dried and packaged before it gets to kitchens and cooked prior to eating.

Today's healthy pasta meals have roots that stretch back to ancient times. Thousands of years ago, people ground wheat, mixed it with water to make a wheat paste, dried it, and then boiled it to go with meals. Today's consumers welcome pasta to their tables for its versatility and convenience, just as nutrition scientists recognize pasta meals for their place in healthy eating patterns, such as the "gold standard" Mediterranean Diet and the traditional Latin American diet. Portion control and variety are an important part of all balanced diets. A healthy portion of pasta is about 80g uncooked (or about $\frac{1}{2}$ to $\frac{2}{3}$ cup cooked), and is the perfect partner for colorful vegetables and other nutritious toppings.

WHAT MAKES A HEALTHY PASTA MEAL?

A healthy pasta meal is truly the sum of its parts, and features two key factors: what you pair with your pasta, and how much pasta you eat in a meal. Pasta is an ideal partner for healthy foods and ingredients such as vegetables, beans, and herbs (whole or in sauce form) and extra virgin olive oil. Nuts, fish, and small amounts of meat or cheese can also be added for extra flavor and protein. Pasta's versatility allows for almost endless preparations. Healthy pasta meals are a balance of pleasure and health!



"You don't have to eat pasta to be healthy, but you can. And since you can, why wouldn't you!"

*Dr. David Katz
Yale University*

FIVE GOOD REASONS TO LOVE PASTA

As an introduction to the Scientific Consensus Statement about the Healthy Pasta Meal, and the review of the scientific evidence about the healthfulness of pasta, it's helpful to look toward these five good reasons to love pasta. Each contributes a building block of the foundation for pasta's role in a healthy diet.

1. PASTA IS GOOD FOR YOU AND GOOD FOR THE EARTH

Optimal health and good nutrition don't come from supplements of specialty bars—they come from balanced, home-cooked meals prepared with nutritious, traditional ingredients. Pasta, a slowly digesting carbohydrate food, is the perfect place to start when building a healthy diet, as it offers your body a steady source of energy, and pairs wonderfully with vegetables, olive oil, and other foods that nourish our bodies. Traditional diets based on grains, pasta, beans, seeds, and seasonal produce nurture both healthy people and a healthy planet, and real world data backs this up. Food lifecycle assessments indicate that the carbon footprint of pasta is only 15.5 ozCO₂eq/lb, much lower than many other foods, especially meat.

2. PASTA IS A PILLAR OF THE MED DIET

The scientifically-proven and much-loved Mediterranean diet is characterized by a rich variety of seasonal plant foods and regional specialties, but at the foundation of this cuisine are dependable, shelf stable grain foods, like pasta. Highlighting the importance of this traditional dietary pattern, the United Nations Educational, Scientific and Cultural Organization (UNESCO) recognizes the Mediterranean Diet as an element of intangible cultural heritage. Health experts affirm the role of pasta in nutritious, Mediterranean-inspired eating patterns.

3. PASTA IS ENERGY THAT KEEPS YOU FULLER FOR LONGER

Pasta is known as a complex carbohydrate food, because its starch structure digests slowly, keeping you fuller for longer. This is because pasta is low on the glycemic index, meaning that it has a better effect on blood sugar, offering the body a slow and steady source of energy.

4. PASTA DOES NOT MAKE YOU FAT

Weight problems are almost never the fault of one food; it's total diet and lifestyle that matter. And, because pasta is traditionally served with other wholesome foods, including vegetables and olive oil, healthy pasta meals are perfect for those concerned about their weight.

5. PASTA IS TASTY AND BRINGS PEOPLE TOGETHER

Sumptuous enough to grace the cover of luxury food magazines, yet accessible enough to be used in nutrition assistance programs and budget recipes, pasta is truly a food that brings people together. In 2011, Oxfam conducted an independent survey in 17 countries as part of their campaign to ensure that worldwide everyone has enough to eat. One question in the survey focused on favorite foods. The results? Pasta was named the world's favorite food, ahead of meat and rice dishes, and pizza!



PASTA IS GOOD FOR YOU AND THE PLANET



Pasta is one of the least environmentally intensive foods to produce.

Try a one-pot pasta to save energy, water and clean up time.

PASTA: PILLAR OF MEDITERRANEAN DIET

Eat pasta for the health benefits of the scientifically proven Mediterranean Diet:



Manage weight and lower risk of heart disease, certain cancers, diabetes and other chronic diseases.

PASTA HELPS KEEP YOU FULL



Pasta is digested slowly, providing steady energy and a prolonged feeling of fullness.

Pasta cooked "al dente" has a low Glycemic Index (GI) with a better impact on blood sugar.

PASTA DOES NOT MAKE YOU FAT



Eat a healthy portion: 80g of uncooked pasta.

Fill out your plate with fiber-filled vegetables, heart healthy olive oil and lean sources of protein like fish or beans.

PASTA IS TASTY AND BRINGS PEOPLE TOGETHER



Pasta is simple, nutritious, accessible and convenient.

Enjoy a delicious pasta meal surrounded by friends and family.



I.P.O.

International Pasta Organization

www.pastaforall.info

HEALTHY PASTA MEAL SCIENTIFIC CONSENSUS STATEMENT

Pasta made headlines around the world in October, 2015, when nutrition scientists from all over the world met in Milan, Italy to discuss pasta and health. Their conclusions? Pasta is a healthy carbohydrate food, and is a key ingredient of healthy traditional diets around the world.

To learn WHY pasta is healthy, take a look at the conclusions of the Healthy Pasta Meal Scientific Consensus Statement, agreed upon by the prestigious international scientists when they met in Milan, and also at the summary of a selection of scientific studies supporting these points.



Scientific research increasingly supports the importance of total diet, rather than individual foods.

Although a number of particular foods are called “superfoods,” overall health and wellness truly depends on overarching, everyday eating patterns. These patterns start with establishing a diet abundant in fresh, healthful foods that simply crowd out the less healthy foods. This big-picture approach to diet has been found to be the most sustainable, enjoyable, and important path to wellbeing.



Pasta is a key component of many of the world’s traditional healthy eating patterns, such as the scientifically-proven Mediterranean Diet. Most plant-based dietary patterns help prevent and slow progression of major chronic diseases and confer greater health benefits than current Western dietary patterns.

Traditional diet patterns, like the Mediterranean Diet, have proven to offer greater health benefits than current Western diets. Scientific research shows that these diet patterns may lower the incidences of major chronic diseases such as diabetes, heart disease, some types of cancer and obesity. These patterns are characterized by eating mostly a variety of plant foods (fruits, vegetables, breads, pasta, whole grains, potatoes, beans, nuts, and seeds), olive and other plant oils as the principal source of fat, seafood at least twice a week, dairy products (mostly cheese and yogurt), poultry and eggs in reasonable portion sizes daily or several times per week, red meat and sweets consumed less often, and wine with meals (up to one glass for women, two for men). Pasta and pasta meals—on a plate or in a bowl—are included in traditional diets around the world.



Many clinical trials confirm that excess calories, and not carbohydrates, are responsible for obesity. Diets successful in promoting weight loss can emphasize a range of healthy carbohydrates, protein and fat. All these three macronutrients, in balance, are essential for designing a healthy, individualized diet anyone can follow for their whole life. Moreover, very low carbohydrate diets may not be safe, especially in the long term.

Carbohydrates are not a “public enemy” to waistlines. Modern consumers do not have to throw pasta, breads, and life-long favorite meals overboard in order to feel they’re eating well. The truth is that “good” carbohydrates are extremely health-promoting, and eating too much food (too many calories) with little physical activity is the reason people gain weight. Eliminating one of the body’s three vital macronutrients—proteins, carbohydrates, or fats—in order to lose weight is like taking a car’s engine out to help it run better. Carbohydrates are essential for brain function, total body energy and, yes, effective weight management. Feel free to pick up a fork and reclaim health and optimal weight over a pasta meal.



Pasta is satiating and keeps you fuller longer. A pasta meal can be moderate in its calorie content, assuming the portion is correct and the dressing-topping is not calorie-rich.

With obesity and chronic diseases on the rise, health and nutrition experts recommend eating filling meals that provide a lasting source of energy. Pasta, with its deliciously satisfying flavor and surprisingly low Glycemic Index, is a key ingredient for one such meal. Pasta’s ability to satiate and delight diners in just a small serving is key for people watching calories and weight. And even better, it pairs perfectly with other figure-friendly foods, like seasonal vegetables, fresh herbs, and seafood.



At a time when obesity and diabetes have a high prevalence around the world, pasta meals and other low-Glycemic Index foods may help control blood sugar and weight especially in overweight people. Glycemic Index is a factor that impacts the healthfulness of carbohydrate-rich foods. There is a beneficial effect in the way pasta is made. The process of manufacturing reduces its glycemic response. Whole grain pasta, which provides more fiber, is also a good choice.

Pasta is known as a complex carbohydrate, because the pasta making process compacts its starch structure, creating a slow and steady source of energy, rather than a spike in blood sugar. For this reason, pasta is low on the Glycemic

Index—a good thing—meaning that the body digests it more slowly than most other carbohydrates. When pasta is eaten with other healthy ingredients, like olive oil, spinach, or chicken, the Glycemic Index of the complete pasta meal is even lower. Those looking for an even bigger nutrient punch can choose whole grain pasta, which provides more fiber and protein, along with many essential vitamins and minerals.



Pasta is an affordable, healthy choice available in almost all societies. Promoting the affordability and accessibility of pasta meals can help overcome the misperception that healthy foods are too expensive.

Pasta may be the most convenient, delicious health food out there. It can be found at almost any grocery store, in an array of styles and brands. Kids love it and can share it with their grandparents. It can be served cold at a summer picnic or dressed at dinner parties. It's good for adventurous palates and simple tastes. It is not expensive and it's quick to prepare; it's a regular on restaurant menus and grocery shelves; and, a pasta meal actually works two-fold by being a fantastic vehicle for other healthy foods.



Healthy pasta meals are a delicious way to eat more vegetables, legumes and other healthy foods often under-consumed. Pasta is a way to introduce other Mediterranean-diet foods (other cultural traditions), especially for children and adolescents.

Pasta meals are the perfect vessel for other nutritious ingredients. Pasta is not eaten by itself, but joined with “partners on the plate” such as vegetables, olive oil, tomatoes, herbs, legumes, and lean cuts of poultry and meat, fish and shellfish. By combining these multiple healthy ingredients, it becomes a pasta meal, slowing digestion and absorption of sugar in the blood while providing many essential nutrients.



Pasta meals are enjoyed in cultural traditions worldwide. As they are like a canvas, they are versatile and easily adaptable to national/regional seasonal ingredients.

Whether it's spaghetti with tomatoes and basil in Italy, soup with pasta in Mexico and South America, or whole grain penne with zucchini in Canada or the U.S., pasta is universal. It is the canvas of dishes, ready to take on the portrait of any region in spices, herbs and other regional foods. Conveniently, it will also be a home for whatever is in the fridge: a little bit of garlic, oil and any vegetables and herbs will make for a gourmet meal at home!



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The general population can eat pasta and should not choose a gluten-free product if not affected by a gluten-related disorder correctly diagnosed. For those with gluten sensitivities or allergies, or celiac disease, there are gluten-free alternatives.

Gluten is a protein found naturally in wheat, barley, and rye, that allows dough to stretch and bread to rise. While misguided celebrities may mistake gluten free diets as a healthy trend, this medical diet is only recommended for those with a medical diagnosis of celiac disease (which affects only 1-2% of the population) or other gluten-related disorders (1-6% of population). Since such a small percentage of people are diagnosed with gluten-related disorders, healthy pasta meals are the perfect, crowd-pleasing recipes to share amongst friends and family.



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Pasta is a simple plant-based food, and has a low environmental impact.

Growing wheat for pasta is much gentler on the earth than raising livestock for meat production, and requires less water than many fruits and vegetables. Indeed, meals that showcase plant foods, such as a pasta meal with tomato sauce, vegetables, and legumes, are a perfect culinary introduction to sustainable diets. For those that still want to enjoy red meat, but would like to lesson their environmental footprint, pasta is the perfect base to stretch a small amount of meat or fish into a scrumptious, satiating meal. Additionally, dried pasta can resist spoiling for long periods of time without additives or preservatives, which can help keep food out of landfills (where one third of our food ends up).



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Pasta consumption is suitable for people who do physical exercise and particularly in sports. Pasta, as with other cereal foods, provides carbohydrates and is also a source of protein. Pasta may be used alone or lightly seasoned before training or combined with other foods after training, in order to improve physical performance. High protein and low carbohydrate diets are discouraged in active people.

There is a reason that athletes of all ages gather for a ritual pasta meal the night before a big race. The starch in pasta supplies our muscles with glycogen, the main source of energy that powers athletes through long competitions. By avoiding carbohydrate foods, especially complex carbohydrate foods like pasta, athletes would be missing out on an important source of energy.



Doctors, nutritionists and other health professionals should educate the consumer to choose varied and balanced pasta meals for good health.

“Eat more pasta meals” is one dietary recommendation that will make any health professional a patients’ hero. Many people know that they should be reaching for more vegetables, beans and leaner proteins. Many have also had countless plates of spaghetti and tomatoes or tomato sauce. What most people may not know is the versatility of pasta and how it can be used to usher in other food recommendations. It may be hard to go from hot dogs to Brussels sprouts, but it’s all in the accompaniment and flavoring. A bowl of steamed carrots and broccoli looks a lot more appealing and satisfying on a bed of pasta than on its own, and it could possibly go a long way toward improving nutrition.

*“Eat more pasta meals”
is one dietary recommendation
that will make any health
professional a patients’ hero.*



*"Pasta is the thing that is
going to unite the world."*

Francine Segan

Food Historian



WHY PASTA IS HEALTHY

EVIDENCE OF PASTA'S HEALTH BENEFITS

There is a consistent and mounting accumulation of nutrition science evidence for the healthfulness of pasta and the pasta meal. The following pages include summaries of recent scientific studies. These recent findings make clear that not only is the pasta itself a health-promoting and nutritious food, but that when it is paired with its “partners” on the plate or in a bowl—olive oil, vegetables, beans, fish or meat—pasta quite dramatically emerges as a nutritionist’s dream.

Pasta’s Structure & Processing Linked to Better Glycemic Response

Scientists in France analyzed the pasta making process (mixing, forming, drying, and cooking) to see how these steps affect the glycemic response of pasta.

The scientists conclude that “pasta is an interesting source of slow-release carbohydrates,” and that the forming and drying steps seem to be especially important to pasta’s slow digestion, as they reduce the enzymic susceptibility of starch at a macroscopic, microscopic, and molecular level.

Trends in Food Science and Technology, December 2009; 20(11-12):521-532.




Pasta Linked with Lower BMI, Less Central Obesity

To see how pasta relates to obesity, Italian researchers analyzed the eating habits, BMI, and abdominal obesity of more than 23,000 adults across Italy. The researchers found that, after statistically correcting pasta intake for body weight, pasta intake was linked with significantly lower BMIs and central obesity (measured by waist to hip ratio, and waist and hip circumferences), even after adjusting for total calories and adherence to the Mediterranean diet. Pasta intake was also correlated with the intake of other healthy foods, including tomatoes, onions, garlic, olive oil, seasoned cheese, and rice.

Nutrition & Diabetes. 2016 July 4;6:e218. (G Pounis et al.).

High Intake of Cereals in Mediterranean Diet Linked with Lower Risk of Dementia

Researchers in France analyzed data on how the Mediterranean diet relates to the risk of Alzheimer’s and other forms of dementia. The scientists concluded that “adherence to the [Mediterranean diet] may affect not only the risk for



[Alzheimer's dementia], but also for predementia syndromes and their progression to overt dementia.” While the Mediterranean diet as a whole is important to this relationship, specific aspects of the diet, including a high intake of cereal foods (such as pasta) are linked with a lower risk of Alzheimer's disease.

Current Alzheimer Research, August 2011, 8(5):520-542.

Low Glycemic Med Diet May Help Prevent Heart Disease

Pasta, a Mediterranean staple, has only a moderate Glycemic Load (a measure of how much foods will raise a person's blood sugar). To see how Glycemic Load relates to disease prevention, scientists in Europe analyzed the eating patterns and health outcomes of over 20,000 Greek adults. They found that eating diets with a high Glycemic Load increases the risk for heart disease. Additionally, compared to a high Glycemic Load diet that doesn't follow the Mediterranean diet, a low to moderate Glycemic Load diet that adheres to the Mediterranean diet can reduce heart disease risk by 40%, and death from heart disease by 50%.

Nutrition, Metabolism & Cardiovascular Diseases, March 2015, 25(3):336-42.

Low Glycemic Index Diets May Help Prevent Lung Cancer

The Glycemic Index is a measure of how much carbohydrate foods raise your blood sugar levels. In a study of over 4,000 adults in Texas, researchers found a significant link between Glycemic Index in lung cancer. In fact, those eating the most high Glycemic Index foods had a 49% higher risk of lung cancer than those eating lowest on the Glycemic Index. These findings were especially strong in those that have never smoked. This research suggests that low Glycemic Index foods, like pasta, may be protective against lung cancer.

Cancer Epidemiology, Biomarkers, & Prevention. 2016 Mar;25(3):532-9. (Melkonian SC et al.)

Diabetes-Protective Changes to Gut Bacteria After Year on Mediterranean Diet and High Complex Carb Diet

In a small study, Spanish researchers randomly assigned 20 obese men to either a Mediterranean diet, or a low fat, high complex carbohydrate diet (with foods like pasta and cereals) for a year. After a year on their respective diets, both groups saw increases in various gut microbes that are thought to be protective against type 2 diabetes (Roseburia and Parabacteroides distasonis for Med diet, and Prevotella and Faecalibacterium prausnitzii for low fat, high complex carb diet). The Mediterranean diet group also increased their insulin sensitivity over the year, meaning that their bodies better respond to insulin.

The Journal of Clinical Endocrinology and Metabolism. 2016 Jan;101(1):233-42. (Haro C et al.)

DEBUNKING 5 PASTA MYTHS

With the rise of fad diets, one of the world's most beloved foods—pasta—has suddenly become one of the most misunderstood. Yet, pasta can make a difference at tables all around the world, from both a nutritional and environmental point of view. Here the International Pasta Organisation debunks 5 common pasta myths:

Myth #1: Pasta is from China.

False: Marco Polo introduced pasta to Italy from China? A legend, helped along by the 1938 film, “The Adventures of Marco Polo” starring Gary Cooper, which took literary license in depicting the great traveler bringing spaghetti to Italy for the first time (around 1300). In fact, pasta dates back to ancient Etruscan civilizations. Ancestors made pasta by grinding several cereals and grains and then mixing them with water before cooking the mixture into a tasty and nutritious food product. The Italian version of noodles—spaghetti made with durum wheat—had been produced in Sicily for two centuries before Marco Polo made his way back from China.

Myth #2: Pasta makes you fat.

False: Pasta does not make you fat. With the right portions and ingredient partners, pasta can be part of a healthy diet that you follow for the rest of your life. Pasta is at the core of the Mediterranean Diet—recognized by nutritionists as one of the world's best eating patterns—and successful at weight management since pasta is often combined with fresh vegetables, tomato sauce, olive oil and small portions of fish, legumes and other lean proteins. Portion size is a key factor in weight management: A healthy serving of pasta for an adult is one-half to two-thirds of a cup of cooked pasta. As an added bonus, the starch present in pasta is digested very slowly, so it provides a prolonged feeling of fullness. To those who think that pasta is fattening, consider that Italians eat three times more pasta than Americans, yet the adult obesity rate in the U.S. is three times higher than in Italy.

Myth #3: White colored foods have no nutritional value.

False: Contrary to popular belief, lack of color does not indicate lack of nutrition. Think of natural unprocessed white foods like cauliflower, onions, turnips, mushrooms, white beans, and white potatoes—they are all nutrient-dense foods that are welcome in a balanced diet. Traditional pasta falls in this category and is a healthy food choice, containing important nutrients like folate and iron. Also, pasta cooked “al dente” has a low Glycemic Index (GI) with a better impact on blood sugar. For additional health benefits such as greater fiber and essential nutrients, there are a number of delicious whole grain pasta options on the supermarket shelf. And don't forget to add color by loading on the veggies.

Myth #4: Gluten-free pasta is healthier.

False: Celebs like Gwyneth Paltrow and Victoria Beckham brought gluten-free diets to the forefront. Yet, while sufferers of celiac disease, an autoimmune reaction to gluten in individuals who are genetically susceptible, must adhere to a strictly gluten-free diet, the rest of us don't. Keep in mind the group that must avoid gluten is small (1 in 100 people suffer from celiac disease). For those pursuing a gluten-free diet in hopes that they will lose weight, celiac authority and assistant Harvard professor Dr. Daniel Leffler warns that the opposite effect is just as likely and that adhering to a gluten-free diet is often associated with weight gain. Therefore, gluten-free products aren't necessarily the answer. In addition, gluten positively impacts pasta quality and gives it a specific texture, making it firm to the bite ("al dente") after cooking

Myth #5: The wheat we eat today is different than that of grandparents due to GMOs.

False: Today's wheat grain is not much different than it was 50 years ago, according to Joseph A. Murray, a professor of medicine at the Mayo Clinic and the president of the North American Society for the Study of Celiac Disease who has also studied wheat genetics. Genetically modified (GM) wheat is not commercially grown in the United States, in line with European and worldwide wheat producers. And, in response to concerns that today's wheat contains more gluten, USDA researcher Donald Kasarda, who has been studying wheat genetics for decades, found that gluten content in wheat has not in fact increased.



PASTA AND WHOLE GRAINS

A DELICIOUS, HEALTHY RELATIONSHIP

While all pasta is digested slowly, whole grain pasta can offer even greater nutritional benefits. Whole grains contain all of their original bran, germ, and endosperm, meaning they supply more fiber, protein, and many more vitamins and minerals. Whole grains are linked with lower rates of heart disease, stroke, and type 2 diabetes, and can also help with weight maintenance and longevity. Whole grain pasta is the perfect pick for busy families, as it cooks much faster than many other whole grains, like brown rice or farro.

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 with whole grain ingredients. The taste of these whole grain pastas ranges from nutty and rich (like whole wheat or quinoa pasta) to smooth and mild (like whole spelt, brown rice, or sprouted whole wheat pasta), offering options to please even the most discerning palate. As with regular pastas, it is always a good idea to prepare whole-grain pastas according to package directions. For best results, note that most whole grain pastas should be topped with sauce or olive oil immediately after cooking, and that whole grain pastas sometimes absorb more sauce than white pasta.

Traditional refined semolina pasta acts as a blank canvas for any number of cultural combinations, but some of the richer whole grain pastas bring their own nutty flavor to the table, adding another opportunity to add heartiness and depth to your dish. Olive oil based sauces, especially ones with herbs or garlic, are a great complement to the nuttier whole grain pastas, while cream sauces or tomato sauces are better suited to milder-tasting pastas. Certain ingredients, like fennel, zucchini, squash, and salty cheeses (like pecorino), also pair particularly well with the nuttier flavor of whole wheat pasta.

If your family is not used to whole grain pasta, try mixing half whole grain pasta with half regular white pasta and serve with your favorite sauce or toppings. Some moms even give the dish a fun name, like “zebra pasta.” Over time, you can gradually increase the ratio of whole grains as taste buds adapt. No matter which type of cuisines you prefer, whole grain pasta is a delicious, affordable way to get more whole grains on more plates, and jumpstart your journey to health.







PASTA IS GLOBAL

As you read on page 5, in a survey of 17 countries conducted by Oxfam, pasta was declared the world's favorite food. This global food, which acts as a canvas for other cultural ingredients and sauces, has rich cultural traditions in countries around the world. Here are snapshots of how pasta is enjoyed in six diverse countries across the globe.

United States

The United States is melting pot of world cultures and cuisines, but despite the wide variety of cultural influences, pasta holds a special place at the American table. 77% of Americans eat pasta at least once a week. Americans love pasta even more than chocolate, with 56% of people in the US say they could never give up pasta, while only 44% claimed they couldn't imagine not having chocolate.

Although pasta meals grace the menus of the finest restaurants, pasta meals really represent the simple pleasures. Pasta can make even the most humble vegetables sing. First Lady Michelle Obama has praised healthy pasta meals as an affordable way to get healthy meals on the dinner table quickly. In fact, a family of four people can have a plate of pasta with tomato sauce and cheese for even less than a fast-food hamburger meal for four.

China

Although the way pasta is cooked in the West (boil and drain) doesn't lend itself to the Asian style of cooking and utensils, pasta dishes are in fact a rich part of Chinese cuisine. For example, noodles with a pork brown sauce, a typical Beijing recipe, is made by topping pasta with a sauce made from diced bacon, duck stock, and cucumber.

If we take into account instant pot noodles, China accounts for approximately half of the world's pasta consumption. Plus, the market for durum wheat pasta is growing. In fact, in 2015, China imported upwards of 18,000 kilograms of pasta. In China, they traditionally eat spaghetti on special occasions, such as birthdays. The length of the "noodle" symbolizes a long life.

Brazil

Brazil is one of the primary pasta producers in South America, so it is not surprising that pasta is served alongside a few of the traditional dishes of the region.. Many Brazilian families serve pasta alongside feijoada the hearty, meat stew of Brazil, while others top it with molho branco, a creamy pasta sauce that is made with corn flour.

Locally produced pasta is often made from soft wheat, so Brazil still imports a significant amount of durum wheat pasta. Pasta's quick preparation, affordability, and high nutritional value have made it a popular pick among Brazilians. The steady energy of this complex carbohydrate food has also made healthy pasta meals a winning choice among Brazil's many athletes.

Japan

There are three types of pasta that are commonly found in Japan: ramen (spaghetti made from egg and wheat, served in soup with meat and seaweed), soba (buckwheat noodles, often eaten in soup), and udon (noodles made from soft wheat, similar to bucatini). While these dishes differ from traditional durum wheat pasta dishes, these dishes are gaining in popularity. In fact, spaghetti can now be found on the menus of school cafeterias.

Speaking of traditional recipes with a twist, "spaghetti alla napoletana" famous throughout the world, in fact is a pasta meal with Japanese roots. The recipe was born in the Hotel New Grand of Yokoama, a city famous for being one of the first landing places for westerners between 19th and 20th century. On top of pasta, this dish contains bacon, onion, bell peppers, tomato ketchup and if desired sausage or ham, all finished off with a sprinkle of Parmesan.

Ethiopia

While pasta consumption levels in Ethiopia are still very low, the growing urban community is ushering in an affinity for quick cooking meals and imported specialties, like pasta. In fact, spaghetti became a favorite when Italy occupied Ethiopia during World War II.

Pasta is the perfect canvas for many of the local culinary traditions. In Ethiopia, pasta is mixed with berberé, which is a mix of spices (chilies, ginger, cloves, coriander, pimiento, rue, ajowan and long pepper) used in many recipes of Ethiopian and Eritrean cooking. Therefore, the classic dish, Spaghetti Berberé and a sprinkle of local Ayib cheese, is born. Another twist on Ethiopian cuisine is the “Trout Spaghetti”, which as the name suggests, is the same recipe with the added bonus of trout bits.

Germany

Germany is a top importer of durum wheat pasta, and traces of this hearty food can be found throughout German culture and cuisine. Spatzle is the most popular pasta dish found in the country, especially in Southern Germany, while the most loved dried pasta recipe is spaghetti with a meat ragú. Germans even make a pasta dish where jam is added to pasta (as if it were bread), resulting in dish true to the sweet-salty tradition of German cookery.

Spaghetti Bolognese is one of the main dishes found at children’s birthday parties in Germany, as they have an amusing game (called “Stop!”) to go with it. The children race to finish their plate of spaghetti and must stop when the judge shouts “Stop!” with obvious and hilarious results ensuing.

Outside of the home, pasta is also a popular pick among adults and German dignitaries. In fact, in 2009, Bild magazine nicknamed German Chancellor Angela Merkel the “Chancellor of Pasta,” thanks to her preference for pasta when dining out.

Although pasta meals grace the menus of the finest restaurants, pasta meals really represent the simple pleasures in life, as pasta can make even the most humble vegetables sing.

PASTA AND SUSTAINABILITY

Traditional pasta is made from durum wheat, a crop that is much gentler on the planet than many of its thirsty peers. Research published in *Ecosystems* found that grains (like the wheat to make pasta) use only 0.51 liters of water to produce 1 calorie of food. On the other hand, beef production uses 10.19 liters of water to produce 1 calorie of food, while fruits use 2.09 liters per calorie, and vegetables use 1.34 liters per calorie. Perhaps not surprisingly, the United Nations Food and Agriculture Organization found that vegetarian diets around the world use less water than meat containing diets.

Pasta meals that feature plant foods (like tomatoes, basil, spinach, or olives) are a great choice for those wanting to shift towards a more environmentally friendly, plant-based diet. Even for people who enjoy meat with their meals, pasta is a great way to make a small amount of beef or pork stretch into a rich, satiating entree, without the detrimental effects of choosing a larger cut. After all, plant foods, like pasta, are associated with less environmental distress. In fact, a study of over 70,000 people in California found that the diets of vegetarians produce 22-29% less greenhouse gases than that of meat eaters.

With the growing interest in environmental impact studies, global awareness of sustainability is at an all time high. Furthermore, the groundbreaking 2015 Paris Climate Agreement is entering into force soon (which was adopted by 195 countries), so governments are scrambling to soften their carbon footprint.

Sustainable diets, which emphasize foods with a low environmental impact (such as grain foods and other plants) over animal products (like meat and dairy), are an important part of this solution. Countries all over the globe, from the United Kingdom, to the Netherlands, to Brazil, and beyond, are incorporating sustainability criteria into their dietary guidelines, encouraging citizens to choose less meat, and more grain foods, vegetables, and pulses. Even in countries without criteria for sustainability in dietary guidelines, such as in the United States, consumers recognize the importance of eating in sync with our planet's resources. A national poll from the Johns Hopkins Center for a Livable Future found that 74% of Americans say dietary guidelines should include sustainability measures, and that 92% believe that producing food in a sustainable way is a high priority.



Luckily for food lovers everywhere, shelf-stable dry pasta is poised to become a part of the climate solution. In his presentation at the 5th World Pasta Day and Congress, held in Milan in October 2015, Duncan Williamson of the World Wildlife Foundation explained that pasta has a high “sustainability index” and that good taste and food for the earth can go hand in hand. According to Williamson, healthy pasta meals are an affordable way to embrace more sustainable diets, as “Traditional ways of eating are more sustainable and less expensive.” food. Also at the World Pasta Congress, presenter Luca Ruini explained that the carbon footprint of pasta is only 15.5 oz CO₂eq/lb (34.44g CO₂eq/kg), much lower than many other foods.

Recognizing the importance of sustainable diets, nutrition experts at the 2015 Healthy Pasta Meals Scientific Consensus meeting, organized by the nonprofit Oldways, added a point about sustainability for the first time to the Scientific Consensus statement, declaring that “pasta is a simple plant based food, and has a low environmental impact

Pasta meals are also a handy tool in the movement to fight food waste, as they are the perfect way to make use of produce that is on its way out, so no ingredient gets left behind. Because dry pasta is shelf stable, it is an ideal staple food to toss with whatever leftover veggies and stockpiled produce you have excess of, without worrying about the pasta spoiling in your cupboard.

To further lessen the environmental impact of your pasta meal, use only the necessary amount of water (about 1 litre per 100 grams of pasta - or 700ml for 100 grams for quicker cooking). Covering the pot will boil water in less time and use less gas, while salting the water after it comes to a boil will help speed up the process as well. Lastly, you can even use the cooking water to water plants on your balcony, or mix it into sauces.

“Everything you see, I owe to spaghetti.”
Sophia Loren



PASTA ON THE PLATE

As chef Felipe Rojas-Lombardi wrote in *The Art of South American Cooking*, “one of the most satisfying foods in the world is pasta.” Happily, pasta is a universal food, complimentary to many other foods, and adaptable to many cuisines around the world.

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 (1 liter/1 quart per 100 grams/1/3 pound of pasta) into the pot, and place pot on high heat. Add salt (10 grams/2 teaspoons per liter/quart of water). 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 for the “boiling time” displayed on the pasta label. Use a colander to drain the pasta. Add your favorite sauce, mix well and serve hot.



TRADITIONAL HEALTHY DIET PYRAMIDS

Traditional diets like the Mediterranean Diet are recognized by scientists and governments around the world as among the healthiest in the world—the “gold-standard” of healthy eating. The Mediterranean and Latin American pyramids are examples of overall healthy eating patterns, and are easily adapted by people in cultures around the world.

Food pyramids are the perfect tool for depicting total diet at a glance.



Mediterranean Diet Pyramid

A Contemporary Approach to Delicious, Healthy Eating

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La Pirámide de La Dieta Latinoamericana

Una Propuesta Contemporánea a una Sana y Tradicional Dieta Latina

Latin American Diet Pyramid

A Contemporary Approach to the Healthy and Traditional Latin American Diet



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WORLD

PASTA DAY ~ OCTOBER 25

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



I.P.O.

International Pasta Organisation



WORLD PASTA DAY
October 25th



HEALTH THROUGH HERITAGE



I.P.O.

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INTERNATIONAL PASTA ORGANIZATION

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