



WHY EATING

pasta

IS GOOD FOR YOU

RESEARCH SHOWS THAT..



ADULTS WHO EAT PASTA HAVE:



Less saturated fat, solid fat and added sugar



Better overall diet quality



Higher total vegetable intakes, specifically red/orange ones



Greater whole grain intakes

Folate
Mg

More folate, vitamin C, iron, magnesium and fiber in their diet.



CHILDREN WHO EAT PASTA HAVE:



Less saturated
fat and total fat
in their diet



Better overall
diet quality



More fiber, folate, iron,
magnesium and vitamin E
in their diet



This research, conducted by Nutritional Strategies, on behalf of the National Pasta Association, was published in *Frontiers in Nutrition* August 2020. An abstract was also presented at the Academy of Nutrition and Dietetics 2017 Food and Nutrition Conference & Expo.



**NATIONAL
PASTA**
ASSOCIATION