



National Pasta Month

2025 Healthcare Professionals Toolkit

Your Guide to National Pasta Month

October is National Pasta Month. Join the National Pasta Association (NPA) in celebrating pasta. To help you celebrate we created this toolkit where you will find resources including pasta research, pasta nutrition, healthy pasta recipes and more. Everything you'll need to share how pasta fits into a healthy diet and "share the pasta" with your colleagues, clients, students and media.

How to Get Involved

Throughout the month, NPA's social content on LinkedIn, Facebook, Instagram and Twitter will focus on pasta as a healthy, convenient and affordable option. Be sure to follow, share, and tag Share the Pasta in your posts so NPA can re-share your content.



[LinkedIn](#): @National Pasta Association



[Twitter](#): @sharethepasta



[Facebook](#): @SharethePasta



[Instagram](#): @sharethepasta

Looking for a Share the Pasta resource that's not included below?
Visit [Share the Pasta](#) or reach out to [Ellison Lambert](#).

Pasta Nutrition - Quick Facts

- One cup of cooked pasta is the size of your fist.
- Uncooked dry pasta can be kept for up to a year.
- Enriched pasta is fortified with three major B vitamins (niacin, thiamin and riboflavin), iron and the B vitamin folic acid, which is critical in the prevention of some birth defects. In fact, enriched pasta has six times more folic acid than its whole grain counterpart.
- The "Pasta Rule" in cooking is 1-10-100 meaning 1 liter of water, 10 grams of salt, 100 grams of pasta.
- One cup of cooked pasta contains about 200 calories, in addition to valuable vitamins and minerals.
- [Research](#) has further proven the health benefits of pasta. A recent study found that pasta consumption is not associated with being overweight or obesity in healthy children and adults, and in fact, may be inversely associated with Body Mass Index.
- A two-ounce serving of spaghetti is equivalent to one cup of cooked pasta.
- The USDA recommends consuming 45% to 65% of your total calories from carbohydrates like pasta.
- Research shows adults and children who eat pasta have higher Healthy Eating Index scores and better-quality diets than those who don't eat pasta.
- Complex carbs like pasta are broken down slowly in the body. This means they provide a slow release of energy, keeping you revved up throughout the day.



Pasta Messaging

Healthy

As a source of complex carbohydrates with a low glycemic index, pasta provides steady energy by releasing glucose slowly into the bloodstream. When combined with nutrient-rich vegetables and lean proteins, pasta contributes to balanced meals that support sustained energy and overall diet quality.

Affordable

Pasta is a budget-friendly pantry staple that transforms simple ingredients or leftovers into hearty, satisfying meals. Its cost-effectiveness and versatility make it especially valuable for busy families looking to enjoy nutritious dinners without overspending.

Versatile

Pasta's wide variety of shapes and sizes makes it a favorite for both kids and adults. It pairs with vegetables like red peppers, broccoli, and zucchini, and can be enhanced with a range of sauces. Getting kids involved in preparing and cooking pasta dishes adds an element of fun and encourages healthy eating habits.

Full of Flavor

Few foods offer the same level of flavor and versatility as pasta. With just a pot of boiling water and your favorite pasta, you can create a delicious meal in no time. Pasta comes in a variety of forms—dry, filled, fresh, and frozen—such as tortellini, ravioli, and cavatelli, each bringing its own unique taste to the table. Pasta is a go-to for quick, nourishing meals that are ready in under 20 minutes. Plus, its ability to shine in imaginative one-pot meals and vibrant one-bowl salads makes cleanup a breeze. Enjoy the endless flavor possibilities pasta has to offer.

Pasta's Role in Weight Management

Research published in *Nutrients* examined 38 studies evaluating pasta intake and body weight outcomes, as well as potential mechanisms by which pasta may influence body weight (e.g., appetite regulation, glycemic response). This [research](#) suggests pasta consumption is not associated with overweight or obesity in healthy children and adults, and in fact, may be inversely associated with Body Mass Index (BMI) or abdominal obesity, particularly when consumed in the context of a healthy dietary pattern.

Research suggests slow digestibility resulting in a low glycemic response of pasta may play a role. A lower glycemic response may lead to a lower release of insulin. Insulin has been shown to trigger hunger and can potentially increase food intake. Cooking and cooling pasta also helps as this can lead to the formation of resistant starch, which can make you feel full longer.

Tips for Enjoying Pasta While Supporting Healthy Weight

- **Load up on Vegetables**
Veggies like zucchini, broccoli, cauliflower and peppers are low calorie options that add color, flavor and bulk to your plate. Dress with fresh herbs and light tomato sauce or vegetable-based sauces, avoid pasta drenched in heavy creams or rich cheese.
- **Be Mindful of Portion Sizes**
Although calories vary depending on type of pasta, one cup of cooked spaghetti has only about 200 calories. Fill up the rest of the plate by piling on the veggies like spinach, mushrooms, squash and onions.
- **Choose Healthy Fats**
Olive oil, avocado and nuts are healthy fats and the best way to give your pasta a nutritional punch without overdoing it. Use them sparingly to perk up your dishes and you'll still have room for a sprinkle of cheese like in this [Greek Pasta salad](#). Or why not be creative and toss together a [Pasta Salad with Fruit and Walnuts](#).

About the National Pasta Association (NPA)

NPA is the leading trade association for the U.S. pasta industry. NPA encourages the consumption of pasta by being the center of knowledge and promoting sound public policy to the consumer, the industry and regulatory bodies because a sustainable pasta industry is vital to healthy diets. Visit www.ilovepasta.org for more information.

Use our images below to celebrate Pasta on social media and in newsletters.




National Pasta Day and World Pasta Day

Remember these important dates in October. Share this graphic on your website, social media, or in your newsletter to help spread the word and join the celebration of pasta.

Important Dates during National Pasta Month

Friday, October 17th is National Pasta Day
Saturday, October 25th is World Pasta Day
Make sure to use the hashtags
#NationalPastaMonth and #SharethePasta.



Pasta Research and Recipes

Research

- [Study Finds Pasta Eating Not Associated with Weight Gain](#)
- [Research Finds that People Who Eat Pasta Have Better Overall Diets](#)
- [Study Shows Mediterranean Diet Preserves Cognitive Function](#)
- [Eating Pasta Associated with Higher Consumption of Vegetables](#)
- [Study Shows Following the Mediterranean Diet Could Lead to Better Brain Health](#)

Soups:

- [Creamy Gnocchi and Mushroom Soup](#)
- [Chickpea and Cauliflower Pasta Soup with Turmeric](#)

Vegetarian:

- [Healthy Stuffed Shells](#)
- [Vegetarian Pho](#)
- [Healthy Stuffed Shells](#)
- [Warm Moroccan Spiced Couscous Salad](#)
- [Mushroom and Kale Pesto Pasta with Toasted Hazelnuts](#)

Pescetarian:

- [Pasta with Broccoli Pesto and Salmon](#)
- [15 Minute Lemon Pepper Pasta with Shrimp](#)

Nutritious:

- [Lunchbox Pesto Tortellini](#)
- [Chicken Pasta Power Bowls with Avocado Dressing](#)
- [Healthy Chicken Parmigiana](#)
- [Mediterranean Tuna Pasta Salad](#)
- [Orzo Salad with Kale, Beets, and Goat Cheese](#)
- [Pasta with Broccoli Pesto and Salmon](#)

Vegan:

- [Creamy Vegan Garlic & Herb Pasta](#)
- [Fusilli with Broccoli & Peanuts](#)
- [Images available here](#)
- [All other recipes available on SharethePasta.org](#)

Social Media Posts

- Delicious doesn't have to be expensive. Pasta is a cost-effective, wholesome option that can turn pantry staples into amazing meals. <https://bit.ly/43aZKp0> #NationalPastaMonth #ShareThePasta
- Pasta can be part of a balanced, nutrient-rich diet. Pair it with vegetables, lean proteins, and healthy fats for a satisfying meal that nourishes and delights. #NationalPastaMonth #ShareThePasta
- Busy day? Pasta is your weeknight hero. Ready in minutes, easy to pair with simple ingredients, and perfect for batch cooking — it's the ultimate meal solution for every schedule. <https://bit.ly/3LDJBio> #NationalPastaMonth #ShareThePasta
- Pasta is low in sodium, cholesterol-free and fits seamlessly into a heart-healthy diet. Its complex carbs help fuel active lifestyles while offering key vitamins and minerals for optimal wellness. #NationalPastaMonth #ShareThePasta
- October is National Pasta Month — a celebration of one of the most versatile and beloved foods in the world. From comforting classics to fresh, veggie-packed creations, pasta fits every taste, budget, and occasion. <https://bit.ly/4lmIum5> #NationalPastaMonth #ShareThePasta
- Pasta shapes aren't just for looks — they're designed to hold onto sauces in delicious ways. This October, try a shape you've never cooked before and discover a new pasta love. <https://bit.ly/3CcBgOF> #NationalPastaMonth #ShareThePasta
- Adding veggies to pasta isn't just healthy — it's delicious. This month, try pairing your favorite pasta with fresh, seasonal produce for a meal that's colorful, nutritious, and satisfying. #NationalPastaMonth #ShareThePasta
- A serving of pasta provides important nutrients like folate, iron, and B vitamins, supporting metabolism, red blood cell formation, and overall health. Its versatility makes it easy to pair with nutrient-dense ingredients <https://bit.ly/47cEAqM> #NationalPastaMonth #ShareThePasta

Social Media Posting Tips

- Be sure to use #NationalPastaMonth and #SharethePasta all month long with all your posts.
- For Instagram/Twitter, use other relevant hashtags like #pasta, #pastarecipe, #pastashapes, #noodles, #carbs, #pastalover, #pastameal, #pastadinner
- October 17 is **National Pasta Day** and **World Pasta Day** is October 25, celebrate these for additional engagement and include respective hashtags for these days.
- Feel free to use Share the Pasta's recipes or substitute your own company's recipes wherever you see fit.
- Shorten links using [bitly](https://bitly.com).
- Tag Share the Pasta on the following accounts so that we can engage with and share your content:
 - [LinkedIn](#): @National Pasta Association
 - [Twitter](#): @Sharethepasta
 - [Facebook](#): @Sharethepasta
 - [Instagram](#): @Sharethepasta



Additional Resources

Graphics: Download & Share

- [National Pasta Month Social Graphic](#) - Instagram
- [National Pasta Month Social Graphic](#)- LinkedIn, Twitter and Facebook
- [Celebrate Pasta Social Graphic](#) – Instagram
- [Celebrate Pasta Social Graphic](#) – LinkedIn, Twitter and Facebook
- [Share the Pasta Logo](#)
- [National Pasta Association Logo](#)
- [National Pasta Month Logo](#)

Infographics: Download & Share

