

**THE TRUTH ABOUT PASTA:
SCIENTIFIC CONSENSUS STATEMENT
AND NUTRITION COMMUNICATIONS**

WORLD PASTA DAY 2016

October 25, 2016 • Moscow

Sara Baer-Sinnott
President, Oldways



THE TRUTH ABOUT PASTA

- Issue at hand: Confusion about Carbohydrates, Grains, Gluten
- Brief History – Pasta Fights Back – The Healthy Pasta Meal Scientific Consensus Statement
- 2015: Updated Scientific Consensus Statement
- World Pasta Day 2016: Russian Nutrition Scientists adding their names to the Scientific Consensus Statement

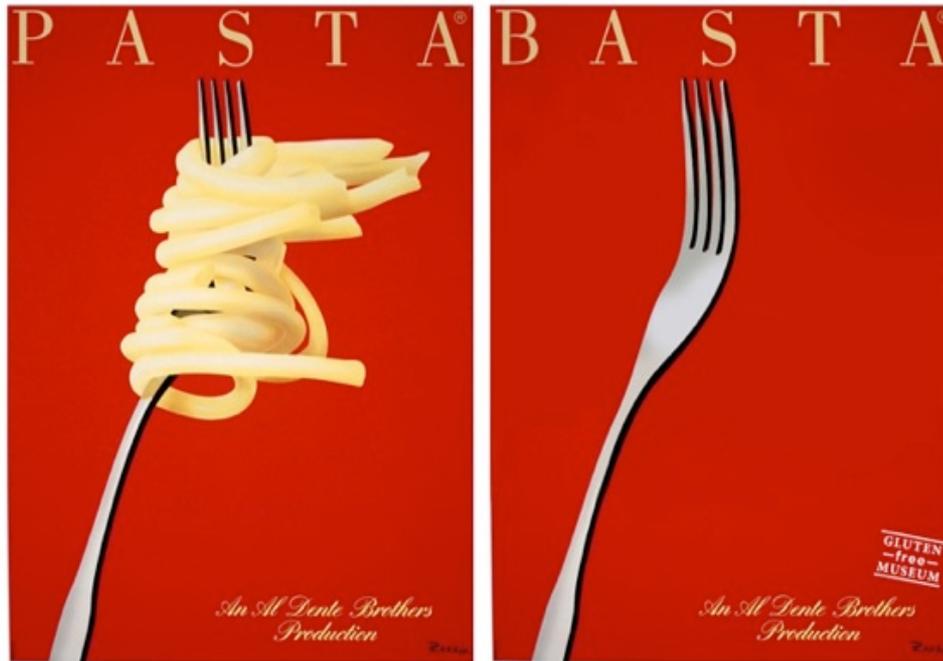
LET THE OLD WAYS BE YOUR GUIDE TO GOOD HEALTH & WELL-BEING



- Oldways is a nonprofit food and nutrition education organization, with a mission to inspire good health through traditional diets and lifestyles.
- Oldways programs: (1) practical and positive and (2) grounded in science and tradition.
- Simply, we advocate for the healthful pleasures of real food.

THE ISSUE AT HAND

There are misconceptions about the role of carbohydrates, including pasta, in a healthy diet.



Gluten Confusion Continues in the United States

NEARLY EVERYONE EATS GLUTEN!

1 IN 2
people have no idea that
gluten is a natural
protein found in wheat,
barley, and rye
or that it helps bread rise.



Only **1 in 5** of
those who avoid
gluten has a
medically
diagnosed
problem
with gluten.

93% eat gluten some or all of the time. Of the 7% who completely avoid gluten, only 1 in 5 has a medically-diagnosed problem with gluten. *The bottom line: only 1.5% have a medical reason to avoid gluten completely -- a number very much in line with experts' estimates of celiac disease in the general population.*

Source: Oldways Whole Grains Council's **2015 Whole Grains Consumer Insights Survey**

HISTORY

Halibut With Green Olive-Basil Relish
Pasta With Garlic and Oil
Orecchiette With Broccoli Raab
Lemon and Pine Nut Tagliatelle
More recipes inside

FOOD

Market Watch
Wine/Foraging

WEDNESDAY, MARCH 3, 2004

MG PG VA

Pasta Fights Back



*Spaghetti, Linguine,
Tagliatelle et al.
Take On the
Low-Carb World*

By JUDITH WEINBAUB
Washington Post Staff Writer

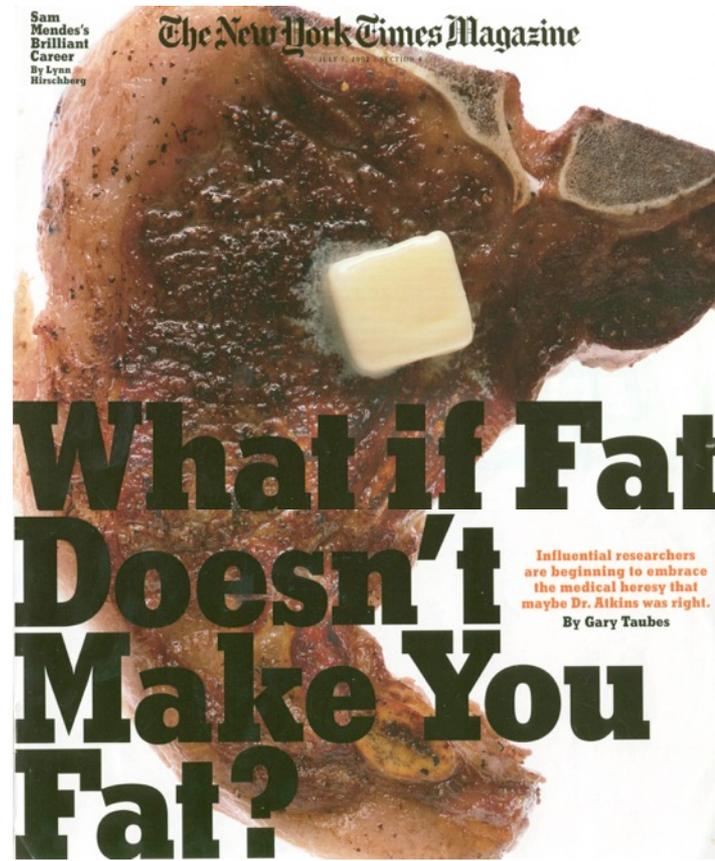
our pasta

New York Times Sunday Magazine

JULY 2002

**Atkins Diet
Returned**

**Confusion around
fat,
created more
confusion about
carbohydrates**



First Consensus Statement

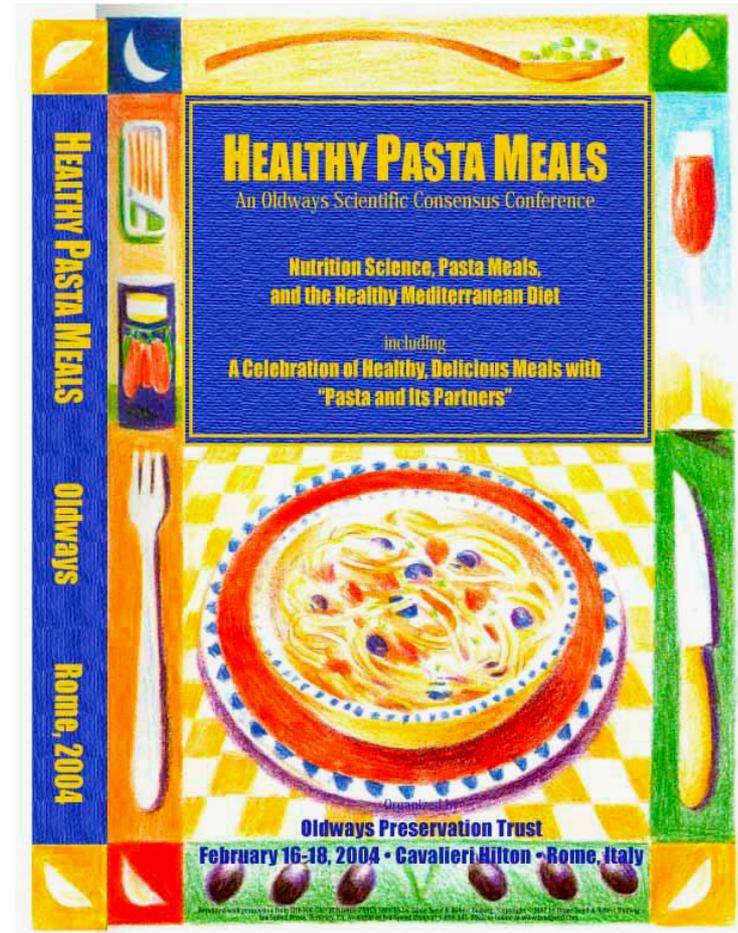
Healthy Pasta Meal Scientific Consensus Conference

Rome – February 2004

Organized by Oldways

Chairs:

Gabriele Riccardi,
David Jenkins, &
Dun Gifford



[The Washington Post]

Recipes

- Fried Squid With Chili-Garlic Mayonnaise
 - Braised Squid With Tomatoes and Peas
 - Halibut With Green Olive-Basil Relish
 - Pasta With Garlic and Oil
 - Orecchiette With Broccoli Raab
 - Lemon and Pine Nut Tagliatelle
- More recipes inside

Food

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On the Fridge
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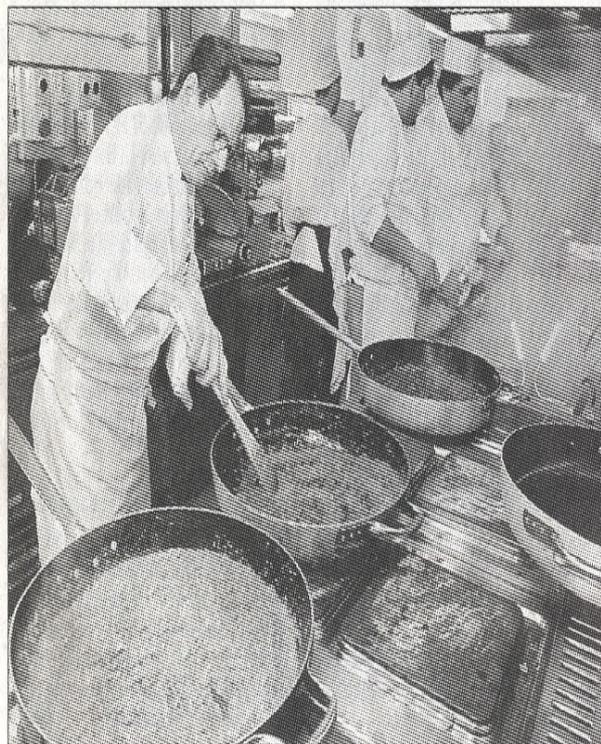
oor pasta.

With low-carb diets stalking the land, a distrust of all carbohydrates—especially bread, potatoes, rice and pasta—has taken hold.

Now pasta is fighting back.

And nutritionally it has every right to, accord-

Spaghetti, rigatoni and linguine win a battle in the diet wars



Sandro Pace/The Associated Press

Michael Romano of New York's Union Square Cafe stirring sauce at the Rome conference.

By Elisabetta Povoledo

ROME: A conference promoting the health benefits of eating pasta has agreed that traditional Mediterranean eating patterns — which promote the consumption of carbohydrate-rich foods — are better than current Western dietary patterns, which are heavy on protein and saturated fats.

Scientists and nutritionists brought together by the Oldways Preservation and Exchange Trust, a Boston nutrition research and advocacy group, went a step further and identified foods that have a low glycemic index — a way of classifying food by how it is metabolized and how quickly it raises blood sugar — as possibly having “key roles” in preventing such chronic illnesses as obesity, diabetes, coronary heart disease and certain cancers.

Foods like spaghetti, linguine and rigatoni, for example. Titled “Healthy Pasta Meals,” the conference encouraged increased consumption of pasta — the cornerstone food of the traditional

eating patterns of people who live in the Mediterranean basin — because it has a low glycemic index.

Still, the scientific consensus statement issued at the end of the conference said that further research was required on the “long-term effects of low glycemic index diets.”

Oldways has long been a proponent of the Mediterranean diet, which also advocates ingesting fruits, vegetables, grains, olive oil and wine in moderation, but this was the first conference to focus on pasta, described in the final consensus statement as “the vehicle for ingredients of a healthy meal.”

“This is a rear-guard attack to defend the Mediterranean diet and things we think are good,” said Dr. John Foryet, director of the Behavioral Medicine Research Center at the Baylor College of Medicine in Houston.

“Traditional carbohydrate foods are in,” echoed Dr. David Jenkins, a nutrition expert at the University of Toronto's medical school, during the closing session of the conference on Wednesday.

“Pasta has been resurrected.”

That's good news for the conference sponsors, the Italian pasta maker Barilla, the American Italian Pasta Company, and the Consorzio Parmigiano-Reggiano, the Parmesan cheese lobby. The findings should especially please pasta makers and retailers operating in the United States, where sales have sagged in recent years as a result of the popularity of diets that advocate low carbohydrate consumption, like the Atkins diet or the South Beach diet.

“Here we've got a group of eminent scientists signing on to a statement against the low-carbohydrate hula hoop,” said K. Dun Gifford, president of Oldways.

Jenkins, from the University of Toronto, described the fight against low-carbohydrate diets in the United States as a losing battle, but feared new fronts opening up.

“We must stop that losing battle before it hits countries where the risk is losing their dietary heritage,” he said.

International Herald Tribune

Dining Out

WEDNESDAY, FEBRUARY 11, 2004

The New York Times

Pasta Lovers Take a Stand in Rome (Where Else?)

By FRANK BRUNI

ROME
THERE comes a time when a besmirched, besieged food must step up to the plate and defend its honor, or at least its carbohydrate count.

Here in the land that has loved and cooked it best, pasta is about to make its stand.

For three days next week, physicians, chefs, pasta manufacturers and other pasta partisans will gather in Italy's capital for a full-boiled response to the advances of the low-carbohydrate Atkins diet, which threatens to put rigatoni on the run.

"We're not dancing anymore," said K. Dun Gifford, the president of Oldways Preservation and Exchange Trust, the Boston nutrition research and advocacy group that is organizing the conference. "This is 'Pasta Fights Back.' It needs to."

Mr. Gifford was using the nickname that

nomically or financially, in the fate of fusilli. It is a telltale moment in the carbohydrate wars, a clear sign of just how tough it is these days to be a starch.

What with the Atkins and South Beach diets, Sugar Busters and Protein Power, the carbohydrate is viewed by many Americans as a positively menacing macronutrient, the evil root of all love handles.

"It's a frenzy," said Susan Toussaint, director of marketing for the American Italian Pasta Company of Kansas City, Mo., referring to the widespread shunning of carbohydrates in the United States.

Ms. Toussaint said that over the last 12 months, her company, a conference sponsor, had a roughly 5 percent drop in American grocery-store sales of its pasta.

She said that decline was typical of the pasta industry and that one reason was the indiscriminate vilification of all carbohydrates. "Pasta's getting lumped in the same category as Krispy Kreme," she said. "It's not fair. All carbohydrates are not created equal."

— Penne are under fire from carb warriors. —

begun kneeling to the low-carbohydrate gods, trends do tend to travel across the Atlantic.

"If people stop eating pasta, it's bad for us," said Renzo Rizzo, a senior executive at Barilla.

Rome was chosen as the conference site for the semiotic and theatrical garnishes it provides. What better setting in which to praise pasta — and to point out that Italians, who eat it regularly, are generally slimmer, and live longer, than Americans?

Mr. Gifford has drafted scientists from around the world to make pasta's case.

"We're doing damage control for pasta, if you like," said Dr. David J. A. Jenkins, who teaches metabolism and nutrition at the

blood sugar. Steep jolts are widely considered bad for health and weight. He said that pasta's dense, compact nature means that it is digested more slowly than other starches.

Dr. Jenkins plans to explain all of this at the conference, which begins on Monday at the Cavalieri Hilton outside Rome's historic center. Also on the agenda are discussions of everything from cooking to cardiovascular disease, from the properties of wheat to fad diets through the ages.

"There was a graham-cracker diet at the beginning of the 1900's," said Mr. Gifford, whose group promotes a style of eating known as the Mediterranean diet.

The Mediterranean diet exalts olive oil, recommends restraint around red meat and makes ample allowance for pasta, which Michael Romano, the executive chef at the Union Square Cafe in Manhattan, described as a safe harbor in a confused culinary universe with "layers of mad cow disease and crazy chicken disease."

"It's good to try to find some sanity in all of this," said Mr. Romano, who will lend his

The New York Times

February 2004

Good LIVING

1 FOOD

Get into shapes

Pasta varieties form foundation for great dishes

BY ROSEMARY BLACK
DAILY NEWS FOOD EDITOR

Legions of carb-phobic Atkins disciples may never let a strand of percellati, a grain of orzo or a bite of far-falle pass their lips, but the rest of us know that pasta's healthy, cheap and fast to make. It's also endlessly versatile, thanks to the hundreds of shapes on the market.

Roberto Donna, the Piedmont, Italy-born owner of six restaurants and a spokesman for Barilla Pasta, which makes dozens of varieties, says, "It's fun to choose a shape that will transport the flavor of the sauce right to you." That way you can take advantage of the ease and comfort of pasta, but with something different — like pipette (little pipes) or radiatore (little radiators).

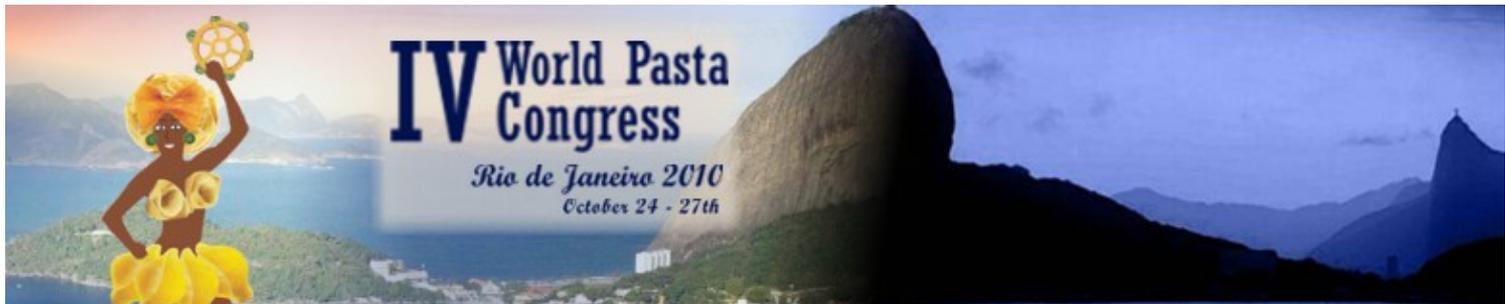
We can thank the inventiveness of Italians for the hundreds of different shapes and sizes of pasta. Two hundred years ago

FULL DURUM:
A variety of pasta shapes at San Domenico NY



2010 IV WORLD PASTA CONGRESS- RIO

- Oldways collaborated with the International Pasta Organisation on its annual World Pasta Day celebration – specifically organizing the scientific sessions.
- Scientific Consensus Conference in 2010 to update the 2004 Pasta Consensus Statement.



HEALTHY PASTA MEALS

SCIENTIFIC CONSENSUS STATEMENT & SIGNATORIES

IV World Pasta Congress
Agreed in Rio de Janeiro, 26 October, 2010

Healthy Pasta Meal Scientific Consensus Statement

1. Scientific research increasingly supports the importance of total diet, rather than individual foods and nutrients.
2. Pasta is a key component of many of the world's traditional healthy eating patterns, such as the scientifically-proven Mediterranean Diet. Traditional dietary patterns confer greater health benefits than current Western dietary patterns.
3. 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 carb diets may not be safe, especially in the long term.

La Pasta Dichiarazione di Consenso

1. La ricerca scientifica sostiene sempre di più l'importanza del regime alimentare nel suo complesso, piuttosto che dei singoli alimenti e nutrienti.
2. La pasta è una componente chiave di molti modelli alimentari tradizionali, come ad esempio la Dieta Mediterranea, la cui validità è stata scientificamente provata. I modelli alimentari tradizionali conferiscono maggiori benefici per la salute rispetto agli attuali modelli occidentali.
3. Molti studi clinici confermano che non sono i carboidrati, bensì le calorie in eccesso, ad essere responsabili dell'obesità. Anche nel caso in cui si debba perdere peso una dieta a ridotto apporto calorico deve comunque prevedere, nel giusto rapporto, l'introduzione di carboidrati, proteine e grassi. Questi tre macronutrienti, ben bilanciati, sono essenziali per impostare un regime alimentare salutare e personalizzato che possa essere seguito per tutta la vita. Inoltre, le diete a ridotto contenuto di carboidrati potrebbero non essere salutari, soprattutto nel lungo periodo.

Refeições Saudáveis com Massas Alimentícias Declaração Científica de Consenso

1. Pesquisas científicas apontam cada vez mais a importância da dieta como um todo ao invés de alimentos ou nutrientes individualmente considerados.
2. As refeições saudáveis com massas alimentícias são um componente chave de muitos padrões alimentares saudáveis em todo o mundo, como a Dieta Mediterrânea, já comprovada cientificamente. Os padrões alimentares tradicionais conferem mais benefícios para a saúde do que os atuais padrões ocidentais.
3. Muitos ensaios clínicos confirmam que é o excesso de calorias, e não de carboidratos, o responsável pela obesidade. As dietas com sucesso em promover a redução de peso baseiam-se em proporções variáveis, adequadas e saudáveis de carboidratos, gorduras e proteínas. Todos estes três macronutrientes em equilíbrio são essenciais para uma dieta individualizada e que pode ser seguida ao longo da vida. Além disso, dietas muito pobres em carboidratos podem não ser seguras a longo prazo.

La Pasta: un alimento saludable Consenso del Comité Científico

1. La investigación científica defiende la importancia de la dieta como un "todo", más que como los alimentos o los nutrientes individuales.
2. La pasta es un componente esencial de muchos estilos tradicionales de dieta saludable, tales como la científicamente demostrada Dieta Mediterránea. Los patrones de alimentación tradicionales aportan mayores beneficios de salud que la actual dieta occidental.
3. Muchos estudios científicos han confirmado que el exceso de calorías es responsable de la obesidad, y no los carbohidratos por sí mismos. Las dietas que son efectivas para la pérdida de peso promueven un rango saludable de carbohidratos, proteínas y grasas. Estos tres macronutrientes en equilibrio, son esenciales para el diseño de una dieta saludable e individualizada que pueda ser mantenida durante toda la vida. Más aún las dietas muy bajas en carbohidratos no son saludables, especialmente a largo plazo.

English (continued)

4. At a time when obesity and diabetes are rising around the world, pasta meals and other low-glycemic foods may help control blood sugar and weight especially in overweight people. Glycemic index is one of many factors that impact the healthfulness of foods.
5. 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.
6. Healthy pasta meals are a delicious way to eat more vegetables, legumes and other healthy foods often underconsumed.
7. Pasta meals are enjoyed in cultural traditions worldwide, as they are versatile and easily adaptable to national / regional seasonal ingredients.
8. Doctors, nutritionists and other health professionals should recommend varied and balanced pasta meals for good health.

Português (continuação)

4. Num momento em que a obesidade e diabetes aumentam em todo o mundo, as refeições com massas alimentícias e outros alimentos de baixo índice glicêmico podem ajudar a controlar a glicemia e o peso corporal, especialmente em indivíduos com sobrepeso ou obesidade. O índice glicêmico é um dos vários fatores que influenciam a saudabilidade dos alimentos.
5. As massas alimentícias constituem uma alternativa saudável e econômica em quase todas as sociedades. Promover a acessibilidade e o baixo custo das massas alimentícias pode ajudar a combater o preconceito de que alimentos saudáveis são demasiadamente caros.
6. As refeições saudáveis com massas alimentícias são uma deliciosa maneira de se incluir ou aumentar o consumo de vegetais, leguminosas e outros alimentos considerados saudáveis e que não são consumidos em quantidades e ou frequência suficiente.
7. As refeições saudáveis com massas alimentícias são apreciadas em várias culturas no mundo inteiro, uma vez que são versáteis e facilmente adaptáveis a ingredientes locais ou sazonais.
8. Médicos, nutricionistas e outros profissionais de saúde devem recomendar refeições saudáveis com massas alimentícias que sejam variadas e balanceadas.

Italiano (continua)

4. In un'epoca in cui sono in aumento in tutto il mondo l'obesità ed il diabete, la pasta ed altri alimenti a basso indice glicemico potrebbero contribuire al controllo della glicemia e del peso, in particolare per le persone in sovrappeso. L'indice glicemico è uno dei molti fattori che caratterizzano gli alimenti dal punto di vista nutrizionale.
5. La pasta rappresenta una scelta alimentare economicamente accessibile e nutrizionalmente valida, per tutte le categorie sociali. Valorizzando l'economicità e l'accessibilità della pasta si può sfatare l'errata convinzione che i cibi sani siano anche troppo costosi.
6. Un piatto di pasta è un buon sistema per consumare più alimenti di origine vegetale, compresi i legumi ed altri cibi salutari spesso poco consumati.
7. La pasta è presente nelle abitudini alimentari di tutto il mondo, grazie alla sua versatilità e alla facilità con la quale essa si abbina ad ingredienti stagionali tipici delle varie regioni e nazioni.
8. I medici, i nutrizionisti e gli altri operatori sanitari dovrebbero raccomandare il consumo di piatti vari e bilanciati a base di pasta per una sana e corretta alimentazione.

Español (continúa)

4. En estos tiempos en que la obesidad y la diabetes están aumentando en todo el mundo, las pastas y otros alimentos de bajo índice glicémico pueden ayudar a controlar los niveles de azúcar en sangre y el peso, especialmente en personas con sobrepeso. El índice glicémico es uno de los muchos factores que hacen saludable a los alimentos.
5. La pasta es una elección saludable que está disponible y accesible en casi todas las sociedades. Promover la disponibilidad y el acceso a las pastas puede ayudar a superar la percepción errónea acerca de que los alimentos saludables son muy caros.
6. La pasta es una forma deliciosa para consumir más vegetales, leguminosas y otros alimentos saludables que generalmente son de bajo consumo.
7. Las pastas se disfruta en la cultura tradicional mundial ya que es un alimento versátil y fácilmente combinable con todo tipo de ingredientes propios de cada país o región.
8. Es aconsejable que médicos, nutricionistas y otros profesionales de la salud recomienden una dieta variada y equilibrada que incluya pasta.

Signatories of the Scientific Consensus Statement

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2015: UPDATE OF THE HEALTHY PASTA MEAL SCIENTIFIC CONSENSUS STATEMENT

- More than ten years since the first 2004 Conference in Rome
- Five years since the 2010 Conference in Rio di Janeiro
- There are many misconceptions about the role of carbohydrates, including pasta, in a healthy diet.
- It is necessary to reconfirm pasta's role in a healthy, balanced diet and to reaffirm the science behind the **key messages** about the healthy pasta meal



2015 Scientific Consensus Statement on the Healthy Pasta Meal

- Translated into Italian, French, Portuguese and Spanish
- Presented Statement in Milan to the V World Pasta Congress on Tuesday, October 27, 2015
- Presented to the media and distributed in the US and other countries.

HEALTHY PASTA MEALS

A SCIENTIFIC
CONSENSUS CONFERENCE

IN CONJUNCTION WITH

WORLD
PASTA DAY & CONGRESS

ORGANIZED BY
OLDWAYS
INTERNATIONAL PASTA ORGANISATION
AIDEPI

OCTOBER 25-27, 2015 • MILAN, ITALY

SCIENTIFIC PROGRAM

IN SPECIAL PARTNERSHIP WITH

AIDEPI I.P.O. OLDWAYS ITA FIERA MILANO

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TOTAL DIET

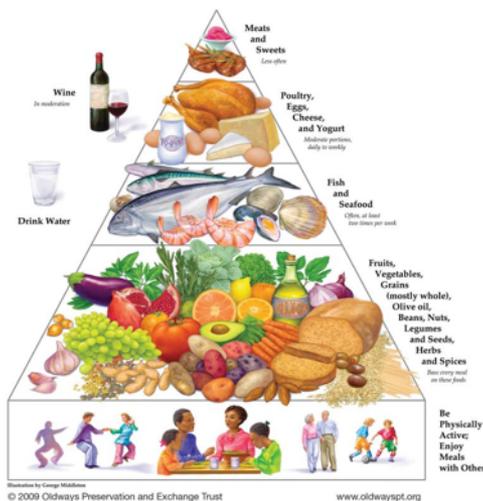
1. **Scientific research increasingly supports the importance of total diet, rather than individual foods.**



PASTA and MED DIET

2. 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.

OLDWAYS HEALTH THROUGH HERITAGE Mediterranean Diet Pyramid



CARBS NOT THE ENEMY!

3. 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.



SATIATING

4. **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.



LOW GI



5. At a time when obesity and diabetes have a high prevalence around the world, pasta meals and other low-glycemic 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.

AFFORDABLE and ACCESSIBLE



- 6. 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.**

VEHICLE FOR HEALTHY FOOD



7. 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.**

CULTURAL TRADITIONS – PASTA LIKE A CANVAS



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

GENERAL POPULATION & PASTA

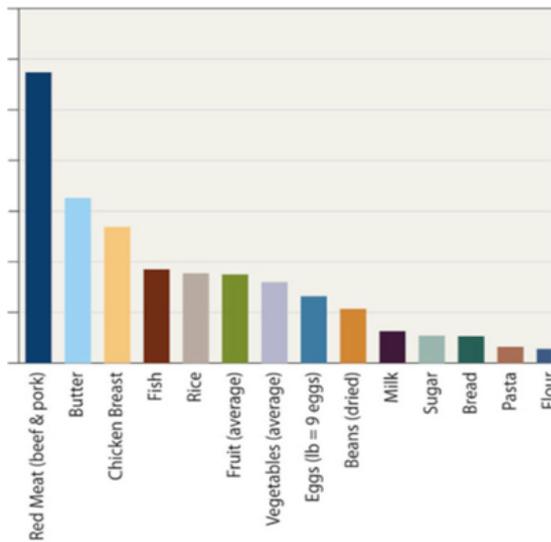


9. The general population can eat pasta and should not choose a gluten-free product if not affected by a gluten-related disorder correctly diagnosed. For those with gluten sensitivities or allergies, or celiac disease, there are gluten-free alternatives.

PASTA IS A SUSTAINABLE FOOD

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

Comparisons of Global Warming Emissions by Food Type (by Pound or Pint)



PASTA and SPORTS GO TOGETHER



11. 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.

**DOCTORS RDs
TO EDUCATE
ABOUT PASTA**



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

5 GOOD REASONS = TO LOVE PASTA =

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.



5 GOOD REASONS = TO LOVE PASTA =

**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.

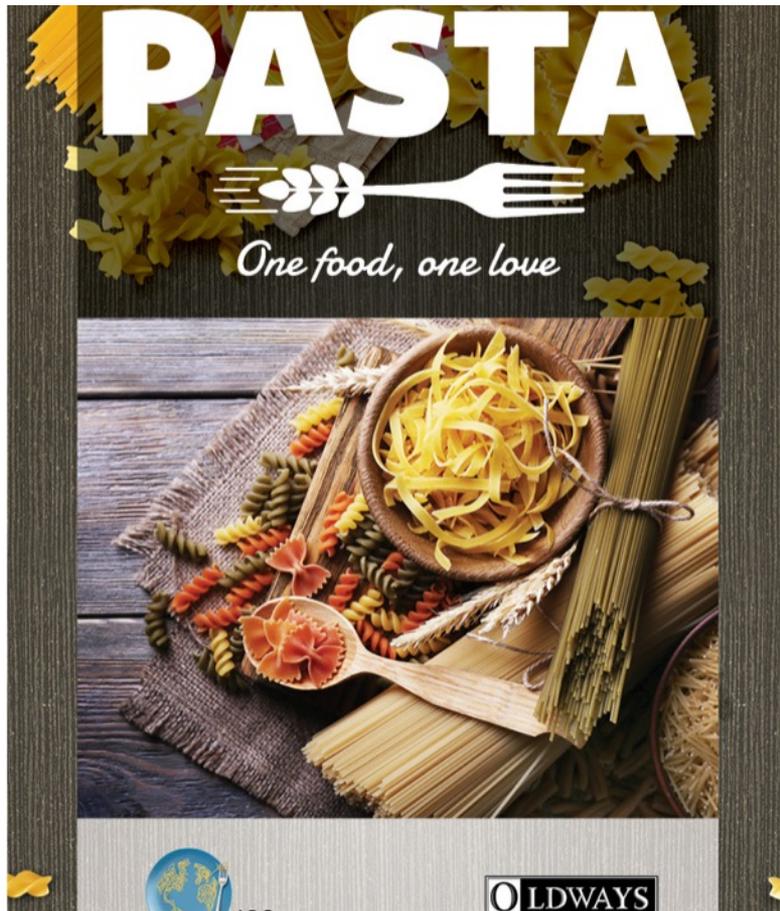
**PASTA IS TASTY AND
BRINGS PEOPLE TOGETHER**



Pasta is simple, nutritious, accessible
and convenient.

Enjoy a delicious pasta meal surrounded
by friends and family.

THE TRUTH ABOUT PASTA BROCHURE



PASTA



One food, one love

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THE TRUTH ABOUT PASTA NEWSLETTER

June 2016

Pasta is a Pillar of the Mediterranean Diet

August 2016

Pasta is Tasty and brings People Together

The newsletter is distributed electronically through an email marketing system and is also promoted through IPO social media outlets

Available in English, Italian, Spanish and Portuguese and more languages can be added upon request.



THE TRUTH ABOUT PASTA

TEDEd Lessons Worth Sharing

Pasta is Energy that Keeps You Fuller Longer

LESSON CREATED BY OLDWAYS PT USING **TEDEd**

VIDEO FROM The Official Oldways YouTube Channel YOUTUBE CHANNEL

Let's Begin...

In this lesson, you'll learn why pasta is energy that keeps you fuller for longer. For more great reasons to love pasta, subscribe to our [email newsletter](#).



Watch

Think

Dig Deeper

Discuss



<http://ed.ted.com/on/w915U2Cb>

THE TRUTH ABOUT PASTA TOOLKITS

Campaign continues to debunk myths about pasta

- Five Key Messages
 - Health Summary
 - FAQ about pasta
 - Scientific Consensus
 - Webinar
 - Recipes/Tips/health info
 - Infographics
- IPO members can join together to amplify these messages and reaffirm The Truth About Pasta by informing, educating and encouraging eating pasta as part of a healthy lifestyle.

2016 World Pasta Day

Nutrition Panel – Pasta is Good for You

- Presentation of Scientific Consensus Statement
- Signing of the Consensus Statement by Russian scientists
- Presentations and Q&A with Russian scientists.



VIVA LA PASTA!
Viva la pasta
Viva la макароны

Thank you
Спасибо

