

off the shelf

Pasta

Although these pastas pack a comparable number of calories per serving, the different source grains result in significant variations in fibre and nutrient content.

BY CARA ROSENBLOOM, RD

All nutrition information is for 85 grams of uncooked pasta.

Note: Some wheat-based pasta varieties are enriched with B-vitamins and iron, while pasta made from grains such as rice or rye is usually not enriched.



ITALPASTA ROTINI

- 300 calories, 1 g fat, 63 g carbohydrates, 3 g fibre, 11 g protein, 1 mg sodium
- Made from durum wheat semolina
- Enriched with vitamins B₁, B₂ and B₃, folate and iron
- Refined flour product: Not made from whole grain flour



CATELLI HEALTHY HARVEST WHOLE WHEAT ROTINI

- 310 calories, 1.5 g fat, 62 g carbohydrates, 8 g fibre, 12 g protein, 0 mg sodium
- Made from whole grain durum wheat semolina
- Enriched with vitamins B₁, B₂ and B₃, folate and iron
- Very high in fibre



RIZOPIA RICE PASTA

- 303 calories, 2.3 g fat, 65 g carbohydrates, 3 g fibre, 6 g protein, 0 mg sodium
- Made from whole grain brown rice, rice bran and water
- Not enriched with any vitamins or minerals
- Natural source of iron
- Wheat and gluten free



EDEN RYE SPIRALS

- 270 calories, 0 g fat, 60 g carbohydrates, 11 g fibre, 8 g protein, 15 mg sodium
- Made from whole grain rye
- Not enriched with any vitamins or minerals
- Natural source of iron, vitamins B₁, B₂ and B₃, folate, phosphorus, magnesium and zinc
- Highest in fibre and lowest in calories

SECRET INGREDIENTS

Not sure if your pasta is enriched with vitamins and minerals? The nutrients will appear in the ingredient list by their technical names:

- Ferrous sulphate = iron
- Thiamine mononitrate = vitamin B₁
- Riboflavin = vitamin B₂
- Niacin = vitamin B₃

BREAST HEALTH BUZZ

A new brand of Canadian-made supplements could be packing breast cancer prevention in a bottle. Clinical trials published in a major North American breast cancer research journal suggest that FemMED's Breast Health formula can help balance estrogen levels and curb hormone-sensitive breast cell growth. With ingredients ranging from vitamin D to the estrogen-busting calcium-D glucarate, the capsules are vegetarian friendly and gluten free, to boot.

For shopping information, see page 210.



REDUCE YOUR RISK

Taking supplements is just one way to be proactive about breast cancer. Check out 12 more strategies for reducing your risk at canadianliving.com/october.