THE PASTA WARS
WHITE VS. WHOLE WHEAT

WHITE PASTA
• Many studies link refined (white) starches with obesity, diabetes, and heart disease

WHOLE WHEAT PASTA
• Richer in vitamins and minerals
• Higher in protein (+ extra points for plant-based protein)
• Higher in fiber for better appetite control
• Promotes beneficial gut bacteria

HOW TO GET WHOLE
• On the packaging, look for “whole” in front of any grain (e.g., “100% whole grains,” “100% whole wheat flour”).
• If it doesn’t say 100 percent or “whole,” give it a miss. “Wheat flour” is probably white (refined).
• Adjust to the taste. Start with a pasta blend that’s half-white and half-whole wheat.