

Choosing a Healthy Pasta



Check the ingredient list to make sure the first ingredient is **100% whole grain**



Beware that **vegetable** or **tricolored pasta** are often made from white flour and powdered vegetable. These ingredients are not good sources of nutrients.



Beware that pasta labelled **Smart** or **pasta with added fibre** are made with white flour and added fibre. The type of added fibre may not have the same health benefits of whole grains.



Limit convenience products such as instant noodles, sauce pouches and noodle cups



These products are not usually made from whole grains



These products have lots of added sodium

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.