

Pasta Guide

We use **100% whole wheat pasta (all shapes)** as it's an nutritious, widely found product that is a nice "middle ground" between varieties. However, you can choose another option. Here are a few swaps and how they differ:



Other Options

*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



HEARTS OF PALM

Very mild flavor, tender texture, lower nutritional value, typically higher-priced, more of a veggie addition



REGULAR ENRICHED

Milder flavor, softer texture, quicker-cooking carbs, more affordable than whole wheat



CHICKPEA

Slightly nutty flavor, firm texture, higher protein and fiber than whole wheat, usually more expensive



SPAGHETTI SQUASH

Very mild flavor, tender texture, lower calories, typically higher-priced, more of a veggie VS carb source, consider adding another



ZOODLES

Made from veggies (like zucchini) sweet flavor, soft texture, much lower carbs and calories, higher priced if pre-spiralized (cheaper if homemade) more of a veggie addition



SHIRATAKI

Neutral flavor, gelatinous texture, minimal nutritional value, moderate to high cost



EGG NOODLES

Mild, slightly rich flavor, soft and tender texture, lower fiber, higher in protein due to eggs, moderately priced

Whole Wheat Pasta Fact Sheet

Per 1 oz



| Calories | Fat | Protein | Carbs | Fiber | Cost |
|----------|-----|---------|-------|-------|------|
| 100 | 0.5 | 3.5 | 19 | 2 | 0.1 |

- Pasta predominantly **provides the body with carbohydrates**, which are necessary for brain function, preserving lean body mass, supporting emotional and mood stability, and fueling daily energy needs
- Whole-wheat products naturally contain B1, B2, B3, B5, B6, and folate. **B vitamins** help your body turn food into energy, support brain and nerve function, and keep your red blood cells healthy. They also play a role in mood, focus, and overall cell and heart health.
- Whole-wheat pasta is **higher in fiber, complex carbohydrates, and protein** than enriched. These characteristics allow it to be digested more slowly than refined carbs, helping to keep blood sugar steady and provide longer-lasting energy.
- Whole-grain pasta (like whole-wheat) **can cost ~24% more** per box compared to refined pasta. a box of white enriched pasta costs around \$1.50 (common for budget or store brands), a comparable box of whole-wheat pasta could cost \$1.80–\$1.90 (or more) depending on brand, shape, and packaging.