

# 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:



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

## 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



## HEARTS OF PALM

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



## 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.