

# 5 Fun Facts About Noodles



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Noodles are an inexpensive, versatile, complex carbohydrate that is enjoyed across the globe. And they should be. Traditional noodles or pasta is made from durum or semolina wheat. Higher fiber, whole wheat varieties are available and provide three times the fiber of traditional pasta. In addition, for those following a gluten-free diet, new forms of pasta made from beans, lentils, or soy may be incorporated into their diets.

1

## Whole grain pasta aids in appetite reduction

A few small studies have indicated that post-prandial appetite is reduced with the intake of whole-grain pasta versus white pasta. Satiety was improved and the desire to eat was lower in whole grain pasta eaters in 2 studies.

2

## Bean pasta is a good source of fiber

New forms of pasta made of beans are a good choice for individuals wanting a gluten-free option or more fiber. A recent study also found that pasta made with legumes contained higher phenol, antioxidant, and fiber content than traditional pasta. The glycemic index of lentil and legume pasta was also lower.

3

## Pasta provides energy

Though people may frown on white pasta, it's still a complex carbohydrate that provides energy, B vitamins, and trace minerals. Whole grain, 100% whole wheat, or legume-based pasta provides more fiber, vitamin E, selenium, and zinc. Calorie and carb counts are roughly equal- 200 calories and 40 grams of carbs per serving.

4

## Pasta intake raises fiber

Pasta intake (of any kind) has been found to improve overall nutrient intake based on a NHANES study. Consumers of pasta or noodles had a 5.6% higher HEI (healthy eating index) than non-pasta eaters. Those who reported eating pasta, noodles, and pasta mixed dishes (excluding mac and cheese) had 11-13.6% higher intakes of dietary fiber.<sup>1</sup>

5

## There is a shape and pasta dish for everyone

The noodle has come a long way. While noodles originated in China, Italy is often cited as their birthplace. Pasta comes in all shapes and sizes and may be made from various grains including wheat, rice, corn, and quinoa.

### Getting started:

- For starters, choose whole grain or whole wheat pasta when you have the option.
- Use whole-wheat soba noodles in soup with lots of vegetables and broth.
- Make pasta salad with rotini or spiral noodles. Add spinach, bell peppers, onions, tomatoes, and avocado with olive oil and lemon juice vinaigrette.
- Toss pasta in pesto with cannellini or Navy beans for a delicious meatless meal.
- Try lentil or legume-based pasta in your next dish. You may like it!
- Make ramen with fresh ramen noodles topped with plenty of veggies, broth, and lean protein.