

# Pasta Comparison

## Good or Bad?

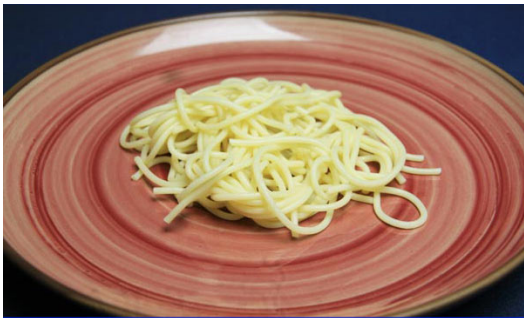
Many people view carbohydrate foods like pasta as weight-loss enemies, but choosing the right types of carb foods can help you lose weight by filling you up and preventing hunger.

- ✓ Pasta is **naturally low-GI**, meaning that it provides a source of slow-release carbs.
- ✓ Pasta **contains fibre**, helping you feel full for longer. All types of pasta contain some fibre, but wholegrain varieties are packed with this important nutrient.

## How Much is Too Much?

The key to including pasta in your diet is moderation. One 'serve' of pasta is surprisingly small at just ½ cup cooked. Compare this to what most people eat, and you can see why pasta gets a bad rap!

**1 Serve**



110 calories and 20g carbs

**What Most People Eat (3+ serves)**



330-440 calories and 60-80g carbs

To keep your pasta intake in check, remember that:

**1 serve = 110 calories (440 kJ) = ½ cup cooked = 30g dry**

## What To Look For?

Standard pasta contains around 110cal per 30g uncooked serve, with just 1g of fibre. However, there are many new varieties available – low calorie, low carb, high protein & high fibre. Here are some brands to look out for!

Per 30g Serve (Dry Weight)						
Brand	Type	Calories	Protein	Carbs	Fibre	Availability
<b>Standard Pasta</b>		110	4	21	1	All stores
<b>Herman Brot</b>	Lower Carb	48	7	2	3	IGA, Health Food stores
<b>San Remo</b>	Pulse Pasta	99	7	14	4	WW, IGA
<b>Vetta</b>	High Protein, Low Carb	103	8	15	3	Coles
<b>Barilla</b>	Wholegrain	104	4	19	3	Coles
<b>Vetta</b>	High Fibre	106	4	20	2	WW, Coles

				
<b>Herman Brot</b> Lower Carb	<b>San Remo</b> Pulse Pasta	<b>Vetta</b> High Protein Low Carb	<b>Barilla</b> Wholegrain	<b>Vetta</b> High Fibre

To read full article:

<https://www.bbdiet.com.au/post/is-pasta-bad-for-weight-loss>

## Pasta Alternatives

There are many very-low-calorie pasta alternatives available, usually made on a vegetable base. These are a great option if you want to 'bulk up' your pasta serve, or if you want to reduce the total calorie content of your meal.

Per 100g Serve (Cooked Weight)						
Brand	Type	Calories	Protein	Carbs	Fibre	Availability
<b>Slendier</b>	Spaghetti	10	<1	<1	4	WW, Coles
<b>Chang's</b>	Super Lo-Cal Noodles	10	<1	<1	4	Coles
<b>Woolworths</b>	Zucchini Spaghetti	15	1	2	2	WW
<b>Coles</b>	Carrot & Pumpkin Noodles	45	1	7	4	Coles

			
<b>Slendier</b> Spaghetti	<b>Chang's</b> Super Lo-Cal Noodles	<b>Woolworths</b> Zucchini Spaghetti	<b>Coles</b> Carrot & Pumpkin Noodles

To read full article:

<https://www.bbdiet.com.au/post/is-pasta-bad-for-weight-loss>

Facebook page: [BBDiet Dietitian Services](#)

Facebook groups:

1) [Eat More To Lose Weight](#)

2) [Ask The Dietitian](#)

Instagram: [bbdiet\\_dietitian](#)

Website: [www.bbdiet.com.au](http://www.bbdiet.com.au)



©2021 BBDiet Dietitian Services

No part of this information may be copied or reproduced in any form without written permission of the BBDiet Dietitian Services.