

CSFP Nutrition Newsletter

Nutrition Information and Resources for Seniors

Pass the Pasta Please

In recent years, pasta has gained an unfair reputation that it leads to weight gain, diabetes and cardiovascular disease.

The popularity of low-carbohydrate diets has spread the belief that eating pasta is “bad” for your health.

In reality, pasta is one of the main elements of the Mediterranean Diet, which has been proven through years of research to be a healthy dietary pattern.



Nutritionally Valuable

Most dry pasta made in the United States is enriched with iron, riboflavin, thiamine, and folic acid. One cup provides 25% of the daily value of folic acid (Vitamin B9), making it an excellent source of B9. It’s also a good source of iron, providing about 10% of the Daily Value. It is also a plant-based food.

Part of a Healthy Diet Pattern

Studies highly suggest that carbohydrate-rich pasta contributes to a healthy dietary pattern, and the traditional Mediterranean dietary pattern, which includes pasta, represents a great improvement in the way people currently eat in industrialized countries, where overconsumption is a problem.

Portion control is just as important for pasta as it is for any other food in a healthy diet. And with any other foods that contain calories, overconsumption can lead to weight gain. The recommended serving size for pasta is 2 oz uncooked or approximately 1 cup cooked.

Blood Sugar

Pasta is often times unfairly grouped together with other refined carbohydrate foods, such as pies, cakes, and cookies. And not all refined grains have the same effect on blood sugar.

Pasta, of any shape or size, made from high-protein durum wheat, has a fairly low glycemic index, which is how carbohydrate foods are ranked according to the impact they have on blood sugar levels after consumption.

Pasta has a low GI value (≤ 55) and is more slowly digested, absorbed, and causes a lower and slower rise in blood sugar and insulin levels.

Consumers want affordable, convenient, and well-liked foods. Pasta is low-cost, convenient, versatile, and a nutritious food with a long shelf life. It plays an important role in meeting the nutrient needs around the globe.

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Lemon-Dill Salmon Pasta



Ingredients:

8oz CSFP pasta macaroni or whole wheat rotini

2 ½ Tbsp fresh lemon juice

1 tsp. lemon zest

2 Tbsp Extra Virgin Olive Oil

½ Tsp salt

¼ Tsp pepper

1/3 cup thinly sliced red onion

1 cup thinly sliced cucumber

1 cup CSFP canned peas, well drained

1 can (14.75oz) CSFP Salmon

3 Tbsp chopped, fresh dill

How to Make It:

Cook pasta per package directions; drain well.

Combine lemon zest, lemon juice, oil, salt and pepper in large bowl, stirring with whisk.

In a colander, rinse red onions well.

Add pasta, onion, peas, salmon and dill to the dressing.

Toss gently to combine. Refrigerate leftovers.

The Summer Solstice 2022

- Occurs on **Tuesday, June 21** at 4:14AM Central Daylight Time.
- “Solstice” comes from the Latin words *sol* and *sistere*, meaning to “stand still”.
- It is the moment the Sun is directly over the Tropic of Cancer.
- This is the northernmost latitude the sun reaches during the year. After the solstice, the sun begins moving south again.
- In the Northern Hemisphere, this produces the longest day in terms of hours of daylight, the first day of summer.



References:

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