

**Do You Know?**

Whole wheat pasta has more protein, fewer calories, and twice the amount of B vitamins and minerals as regular pasta.



Easy on the Sauce!

Do you cut, twirl, or slurp your noodles? No matter how people eat it, pasta is popular!

Whole grain pasta is a good source of carbohydrates, the nutrients that fuel your body. But what goes on top is important, too. Red and white sauces are popular in restaurants. Both taste good, but are they healthy?

Red sauce is made from tomatoes and other vegetables. It adds vitamins A and C to your pasta dish. Vitamins are important nutrients from plants and animals that the body needs in small amounts.

Alfredo sauce—a white, creamy sauce—is made from milk or cream. Milk has vitamin D, which is important for building strong bones. Milk is also a good source of another nutrient, *protein*. Protein helps build muscles, but one cup of white sauce has about 1,000 calories. That's half the calories that most kids need for an entire day, so pick your pasta toppings wisely!



You can make pasta sauce healthier and tastier by adding vegetables, such as mushrooms, peppers, zucchini, and grated carrots.

On Top of Spaghetti

How can you add more protein to your pasta? Meatballs! Meatballs contain ground-up meat, often mixed with eggs, vegetables, and bread crumbs.

Meat adds protein and fats, or *lipids*, to your pasta. Lipids are an important nutrient for the development of nerve and brain tissue. Unfortunately, most people get too much of this good thing! Leaner meats, such as turkey, have more protein and less fat than most beef.



Think About It

If you could make your own pasta, what would it be like? Decide what ingredients, color, shape, and size you would have. What makes your pasta better than other kinds of pasta?



1 serving

Read labels carefully. A recommended serving of spaghetti is only one cup of cooked spaghetti (about the size of a baseball). Many people eat two or three times that much!

A Little Cheese with That?

Many people enjoy Parmesan cheese on their pasta. This tasty white cheese is a good source of the mineral calcium. Our body needs *minerals*—nutrients that come from soil or rocks. We often get our minerals by eating plants that absorb minerals from the soil, such as leafy green vegetables. We also get minerals from animal products, such as meat and milk.

Our bones and teeth use most of the calcium in our body. So consider adding spinach and Parmesan to your pasta to get more of this important nutrient.

