

HFG guide to pasta

Healthy Food Guide picks:

**Frescarini
Wholegrain
Fettuccine**
400g pack
\$4.39
3 serves



Per 133g serve: 1356kJ,
8.4g fibre, 8mg sodium; \$1.46



A filling, satisfying pasta. Be careful not to overcook as wholegrain pasta has a softer texture than standard pasta.

**Frescarini
Bambini
Chicken &
Vege Mini
Ravioli**
200g pack
\$4.39
2 children's
serves



Per 100g serve: 1019kJ, 5g fibre,
315mg sodium, \$2.20



Nice idea to appeal to kids, but don't forget it's mainly pasta, so serve with lots of veges.

**Delmaine
Venison &
Blue Cheese
Ravioli
Grande**
300g pack
\$5.95
2 serves



Per 150g serve: 1590kJ, 3g sat fat,
fibre not stated, 933mg sodium,
\$2.98



Delicious with a simple tomato sauce.

Diamond Egg Fettuccini
500g pack \$2.25
5 serves



Per 100g serve: 1511kJ, 1.5g
fibre, 6mg sodium, \$0.45



Great versatile family favourite.

San Remo Wholemeal Spaghetti
500g pack \$2.64
5 serves



Per 100g serve: 1487kJ, 13g fibre,
30mg sodium, \$0.53



This product tastes great and is lighter in colour when cooked, so it's a good way to sneak in some extra fibre.

**Orgran
Vegetable
Rice Pasta
Spirals**
250g pack
\$4.19
about
2 serves



Per 100g serve: 1492kJ,
4.8g fibre, 0mg sodium, \$1.68



These cook up well and taste good, too.

Your checklist

Use these criteria to help you choose pasta.

Dried and fresh, unfilled pasta:

✓ Sodium

Less than 50mg per 100g

✓ Fibre

Wholemeal pasta for added fibre

✓ **Gluten-free** for people with coeliac disease or wheat allergy

Filled pasta:

✓ Sodium

Less than 500mg per 100g (or less than 750mg per 150g serve). Lower is better

✓ Fat

Less than 3.5g saturated fat
per 100g (or less than 5.5g per 150g serve)