

# HFG guide to pasta

Healthy Food Guide picks:

**Frescarini Wholegrain Fettucine**  
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)