

Introduction: What Is Pasta?

Pasta: a basic staple ingredient used in cooking around the world.

Pasta: an ingredient made from durum wheat semolina or from the flour of certain other grains mixed with water and/or eggs, which is then kneaded and formed into various shapes; it is dried and cooked prior to eating.



Pasta: a dish made with cooked pasta.

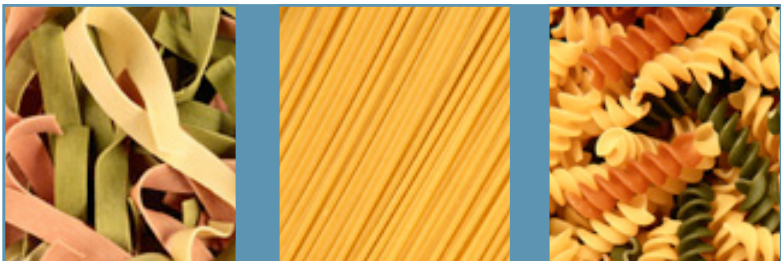
Pasta: a delicious family meal favorite; the signature dish of many of the world's most famous chefs; a comfort meal in times of stress; an exciting meal in times of celebration; and a bonding meal when friends gather together around a home kitchen table or a restaurant table.

Pasta: recognized all over the world as an identifying ingredient of traditional healthy meals, especially in Mediterranean and Latin American regions.

Pasta Meal: pasta with other foods that serve as partners on the plate or in a bowl.

Pasta meal: recognized by physicians and nutrition scientists as uniquely healthy, because:

1. Its centerpiece — pasta — is a slowly-digested carbohydrate;
2. It is traditionally dressed with olive oil, a very healthy dietary fat; and
3. It is often mixed with tomato sauce, cheese, vegetables, beans, and seafood, or other lean meat.



Introduction: Summary and Purpose of PASTA FOR ALL

This *PASTA FOR ALL* brochure summarizes the consistent accumulation of scientific evidence for the healthfulness of pasta and the pasta meal. These recent findings support that pasta itself is a healthful and nutritious food, and also that when paired with its “partners”—olive oil, vegetables, beans, cheese, fish, or meat—pasta can be made into a delicious and balanced meal.

The brochure is also an overview of pasta’s popularity in most corners of the world. Pasta has become a truly international dish, which is good news for people who want to eat for health, taste, and convenience.

Many people around the world are likely to say, at home or at a restaurant, “I want some pasta,” or words to that effect. What they really mean is, “I want pasta with some sauce,” or, “I want soup with pasta.” Suddenly, “pasta” is transformed into an artistic creation, and the artist can be a restaurant chef preparing an elegant dish, or a home cook preparing a family dinner. Wonderful, versatile pasta can be served in a variety of dishes from everyday to gourmet.



Whether served simply or grandly, pasta is wonderful!