



I.P.O.

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International Pasta Organisation

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**Spain** AEFPA (Asociación Española de Fabricantes de Pastas Alimenticias) [aefpa@grupobonmacor.com](mailto:aefpa@grupobonmacor.com)

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**Germany** VTH e.V. (Verband der Teigwarenhersteller und Hartweizenmühlen Deutschlands e.V.) [www.nudelnmachengluecklich.de](http://www.nudelnmachengluecklich.de)

**Italy** Ipack-lma [www.ipacklma.it](http://www.ipacklma.it)

**United Kingdom** Pasta Food Limited [www.pastafoods.com](http://www.pastafoods.com)

**USA** NPA (National Pasta Association) [www.ilovepasta.org](http://www.ilovepasta.org)

**US Wheat Associates** [www.uswheat.org](http://www.uswheat.org)

**Miller Milling Company** [www.millermilling.com](http://www.millermilling.com)

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# Pasta for All

for Taste

for Health

for Convenience



I.P.O.

International Pasta Organisation

## International Pasta Organisation: Mission & Activities

The International Pasta Organization was founded in Barcelona on World Pasta Day 2005 – October 25, 2005 – and was formally organized in Rome on World Pasta Day 2006 – October 25, 2006.

### Mission:

The International Pasta Organization (IPO) is a nonprofit association dedicated to:

1. Educating consumers, health professionals, journalists, government officials and others about pasta (health, taste and convenience).
2. Increasing consumption of traditional pasta around the world.

### Activities:

In order to carry out this mission, the IPO:

1. Organizes research, promotional and educational programs (such as World Pasta Day) about pasta.
2. Collects and distributes information about pasta (nutritional, statistical and other information) in different countries.
3. Organizes a Scientific Advisory Board (a panel of experts in nutrition, healthcare and physical activity) who educate consumers and others through the media, conferences, research, publications, workshops, and other related activities.

## Scientific Advisory Board

**Hector Bourges**, MD, PhD, National Institute for Nutrition (Mexico City, Mexico) **Jennie Brand-Miller**, PhD, University of Sydney (Sydney, Australia) **Carlo Cannella**, PhD, Università la Sapienza di Roma (Rome, Italy) **John Foreyt**, PhD, Baylor College of Medicine (Houston, USA) **Giovanni Ghirlanda**, MD, Università Cattolica del Sacro Cuore (Rome, Italy) **Attilio Giacosa**, MD, Policlinico di Monza (Milan, Italy) **K. Dun Gifford**, JD, Oldways Preservation Trust (Boston, USA) **Helmut Heseker**, PhD, University Paderborn (Paderborn, Germany) **David Jenkins**, MD, University of Toronto (Toronto, Canada) **Cyril Kendall**, PhD, University of Toronto (Toronto, Canada) **Denis Lairon**, PhD, INSERM-INRA-Universite de la Méditerranée (Marseille, France) **Giancarlo Logrosino**, MD, Harvard School of Public Health (Boston, USA) **Christine Pelkman**, PhD, University of Buffalo (Buffalo, USA) **Gabriele Riccardi**, MD, Federico II University (Naples, Italy) **Fatih Yildiz**, PhD, Middle East Technical University (Ankara, Turkey)



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**P**asta: a basic staple ingredient used in cooking around the world.

**P**asta: a food 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, dried, and boiled prior to eating.



**P**asta: a dish made with cooked pasta.

**P**asta: 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 bountiful restaurant table.

**P**asta: recognized all over the world as an identifying ingredient of traditional healthy Mediterranean and Latin American meals.

**P**asta Meal: pasta with partners on the plate or in a bowl.

**P**asta 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, some cheese, perhaps some other vegetables, and frequently fish or other seafood, or a small amount of meat.



This *PASTA FOR ALL* brochure summarizes the consistent accumulation of nutrition science evidence for the healthfulness of pasta and the pasta meal. These recent findings make clear that not only is the pasta itself a health-promoting and nutritious food, but also that when paired with its “partners” on the plate or in a bowl — olive oil, vegetables, beans, cheese, fish, or meat — pasta quite dramatically emerges as a nutritionist’s dream.

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

Most everyone is likely to say, at home or at a restaurant, “I want some pasta,” or words like that. 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. The wonderful pasta is now dressed up in a suit of clothes, which can be a simple everyday outfit, or a splendid suit or a fancy dress appropriate for a gala dinner.



**Whether served simply or grand, pasta is wonderful!**

## Healthy Pasta Meal Scientific Consensus Statement

### *Nutrition Scientists Confirm Pasta's Healthy Place at the Table*

Pasta made headlines around the world in February 2004 when nutrition scientists from three continents met in Rome to discuss pasta and health. Their conclusion? Pasta is a healthy carbohydrate food, and is a key ingredient of healthy traditional diets, like the Mediterranean and Latin American Diets.

To learn WHY pasta is healthy, take a look at the conclusions of the Healthy Pasta Meal Scientific Consensus Statement agreed by the 34 prestigious international scientists when they met in Rome, and also at the summary of a selection of scientific studies supporting these points.



#### **Consensus Statement #1 Carbohydrates are essential in healthy, balanced diets.**

Carbohydrates are the source of most of the body's glucose (simple sugars), which is the crucial fuel (or energy source) for the brain, red blood cells, muscle and organs. Without carbohydrates, a diet is not balanced or complete. There is worldwide consensus among high-level nutrition scientists and international dietary guidelines that carbohydrates are a key ingredient in an eating pattern that promotes

healthy longevity. Around the world, scientists and government agencies recommend that people divide their calories in this way: 45–60 percent carbohydrates, 25–30 percent fat, and 15–20 percent protein.

## Healthy Pasta Meal Scientific Consensus Statement

### **Consensus Statement #2 Pasta has a low glycemic index.**

The Glycemic Index measures how rapidly a carbohydrate triggers a rise in blood sugar — the higher the number, the greater the blood sugar response (which makes the body digest the food more quickly, and not receive the full benefits of eating that food). Pasta does not cause sugar in the blood to rise quickly, so consumers receive the benefits of gradual carbohydrate absorption. Slow-release carbohydrates/low glycemic index (GI) foods may have benefits for healthy longevity and physical and cognitive performance, and may play a key role in preventing chronic diseases such as obesity, diabetes, coronary heart disease and certain cancers.



### **Consensus Statement #3 Pasta is a "good" carbohydrate.**

The overall structure of pasta causes it to be digested more slowly than most other carbohydrate foods.

### **Consensus Statement #4 Pasta meals are very efficient "delivery systems" for healthy foods.**

Pasta is not eaten by itself, but joined with "partners," such as vegetables, fish, olive oil, tomato sauce, legumes, and lean cuts of poultry, meat, fish and shellfish. By combining these multiple healthy ingredients, it becomes a pasta meal, slowing digestion and absorption of glucose in the blood while providing essential nutrients such as fiber, protein and vitamins.