

Wholesome, Wholegrain, Whole Wheat Pasta



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STEPS TO A HEALTHIER YOU

Naturally Nutrient Rich

Wholegrain foods contain both the germ and the bran layer **nutrient powerhouses**, of the wheat kernel.

Filled with Fiber

With more than two times the fiber of regular pasta, wholegrain pasta assists in keeping you **feeling full longer**, and helps keep the **digestive track moving**

Combater of Cholesterol

Eating foods rich in whole grains and fiber help to pull cholesterol out of the blood stream, out of the arteries, and away from the heart.

Sustainer of Blood Sugar

Avoid fatigue and moodiness with whole grains. Consuming unrefined grains, helps to reduce the ups and downs of blood sugar levels, supplying a steady stream of glucose, and constant energy supply.

Oswego
Dining