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**FIBERPASTA®** is a product addressed to the nutrition of diabetic people and those affected by metabolic syndrome, in compliance with the Law decree 27/1/92 n. 111 G.U. 17/02/1992 n.39 of the Ministry of Health according to CEE Instruction 89/398 on "products suitable for specific nutrition".

Fiberpasta® is obtained by 98% from wheat (durum wheat bran, durum wheat fibre, wheat starch) with the only addition of inulin (2%) that is a soluble dietetic fibre obtained from chicory; Fiberpasta composition is the result of a specific technological manufacturing process.

Inulin is a vegetal soluble fibre. It makes a pro-biotic action as it is good for intestinal flora, it stimulates the growth of healthy bacteria which supports good colon health. From the organoleptic point of view Fiberpasta is different from other kinds of wholemeal: in fact it has got a light colour, so similar to durum wheat pasta, and this is due to the absence of bran lignin (hydrocarbons polymer non polysaccharides.) a component of the insoluble fibre. The absence of lignin is obtained by a physical process. Besides having higher consumer satisfaction related to the "familiar" colour of durum wheat pasta, this manufacturing process that removes lignin involves some undoubted physiological favourable effects: lignin is in fact responsible for reducing the absorption of minerals that is really negative in old or very young age.

A technology based on heating/cooling processes, in a controlled environment, increases the amount of resistant starch to 4,5 gr/100gr, that is quite considerable if compared with other products derived from cereals.

Fiberpasta® has got therefore a total amount of fibre (wheat fibre and inulin ) almost doubled if compared with other types of wholemeal pasta actually on the market. From a physiological point of view, the high quantity of soluble and non-soluble fibre provides a satiety sensation without swelling the belly. The high amount of fibre also contributes to decrease the energetic value. The energetic value is mainly given by carbohydrates (59gr/100gr almost totally complex) and in minor quantity by proteins (15gr/100gr) being the fats at negligible quantity (1,30gr/100gr). The energetic content ( kcal 307 – KJ 1199/100gr) it's almost 20% less than common durum wheat pasta (kcal 360/100gr) due to the high amount of fibre.

Those aspects are particularly important in all the situations on which it's required a body weight control as well as a daily calorie amount control (prevention and therapy of overweight, obesity, type 2 diabetes, dislipidemy).

Soluble fibre and resistant starch favourably modify the intestinal echo-system, by running a prebiotic favourable action on colon health. They have positive effects on intestinal transit and increase the hydration and the volume of faeces.

That is particularly useful in dietetic low-calorie programs on which the fat reduction moves away one of the most effective regulator of intestinal transit, taking often to constipation. Generally fibre action is helped by the ingestion of a lot of water even if pasta preparation can partially substitute this need.

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