

# WIC Approved 100% Whole Wheat Pasta!

<b>Nutrition Facts</b>	
Serving Size 3/4 cup (56g) dry	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

- Just because the pasta is brown, doesn't mean it is made with 100% whole wheat.



- Symbol does not guarantee the product made with 100% whole wheat.



- Look at the ingredients on the nutrient label.
- "Whole wheat flour" and/or "whole durum wheat flour" must be the only flour listed in the ingredient list.

**INGREDIENTS: DURUM WHOLE WHEAT FLOUR**

- Pasta made from 100% whole wheat flour contains the three essential parts of the whole grain kernel: bran, germ and the endosperm.
- Whole wheat pasta is rich in vitamins, minerals, protein and fiber.
- A 1-cup serving of cooked whole wheat spaghetti has about 23% of your daily fiber requirement compared to white spaghetti which has 9%.



#### References:

- <http://wholegrainscouncil.org/whole-grain-stamp>
- <http://www.fns.usda.gov/sites/default/files/wic/WICRegulations-7CFR246.pdf>  
7CFR ch.11 (1-1-15 editions) 246.10 Table 4

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