



## Pasta, Spaghetti, Whole Grain

MyPlate Food Group: **Grains**

USDA  
**Foods**

### Nutrition Information

- ½ cup cooked whole grain spaghetti pasta counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Whole grain spaghetti pasta is a whole grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about whole grain spaghetti pasta, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Whole grain pasta tastes great in hearty, flavorful pasta dishes, soups, casseroles, and salads.
- Use whole grain spaghetti in place of enriched spaghetti in any recipe.
- When cooking pasta, use 2 quarts of water for every ½ pound of pasta.

### Storing Foods at Home

- Store unopened packages of pasta in a cool, clean, dry place.
- After opening pasta, keep package tightly closed.
- Once prepared, store any leftover pasta in the refrigerator in a sealed container not made of metal.

### MyPlate Facts

- Try to make at least ½ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.



## USDA Foods

### **Nutty Noodle Salad**

*Makes 8 servings*

#### **Ingredients:**

16 ounces whole grain spaghetti pasta  
¼ cup peanut butter  
¼ cup soy sauce, low or reduced sodium  
2 tablespoons rice vinegar  
3 tablespoons orange juice  
5 green onions, finely chopped  
3 cups vegetables, thinly sliced into strips (bell peppers, carrots, cucumbers, or zucchini)  
Cilantro and peanuts, chopped for garnish (optional)

**Directions:** Wash hands with soap and water.

1. Cook pasta according to package directions.
2. Drain and rinse in cold water to stop cooking.
3. In a large bowl, whisk together peanut butter, soy sauce, vinegar, and orange juice.
4. Add pasta and gently toss until well coated with sauce.
5. Add onions and other vegetables and stir gently to combine.
6. Top with optional garnishes.

*Recipe adapted from Oregon State University/Linus Pauling Institute*

### **Summer Vegetable & Pasta Salad**

*Makes 6 servings*

#### **Ingredients:**

6 ounces whole grain spaghetti pasta  
1 cup broccoli, chopped  
1 cup cucumber, peeled, diced  
1 cup summer squash, sliced  
¾ cup Italian dressing

**Directions:** Wash hands with soap and water.

1. Cook pasta according to package directions. Drain and rinse with cold water. Place in large bowl.
2. Add remaining ingredients, and mix well.

*Tip: Use any colorful vegetables you have on hand: carrots, cherry tomatoes, green onions, or frozen peas.*

*Recipe adapted from Cornell Cooperative Extension*