

SPORTPASTA®

SPECIAL PASTA FOR SPORT
AND WELLBEING



with Bio4Sport™

- HIGH PROTEIN CONTENT
- LOW GLYCEMIC INDEX
- REDUCED CARBOHYDRATE INTAKE
- WITH FOS - FRUCTOOLIGOSACCHARIDES
- HIGH FIBER CONTENT

PRODUCT OF ITALY

SportPasta® is a special pasta rich in protein, with a reduced carbohydrate intake and a low glycemic index, which can be used also for the diet of athletes and active people. Moreover, **SportPasta®** is rich in fiber and FOS (fructooligosaccharides).

Bio4Sport™ is a particular mix of spelt flour, soy protein concentrate and fructooligosaccharide, designed to provide a special and innovative pasta. **SportPasta®** is produced with cereal and legumes skillfully combined to create a balanced protein mix for the nutrition needs of the body. Spelt provides complex carbohydrates which gradually release energy, and proteins contribute to muscular mass maintenance.

SAFETY AND QUALITY

This special pasta is made with top quality raw materials, it is bronze drawn and low-temperature dried to obtain a rough surface. **SportPasta®** is produced following processes tried and tested by ancient pasta makers, and can be eaten on a daily basis.

THE SERVING FOR WELLBEING

A 75 g serving of **SportPasta®** represents a valid alternative to traditional pasta: it provides a high protein and fiber content and a reduced carbohydrate intake.

INGREDIENTS

Bio4Sport™ 67% (spelt flour, soy protein concentrate, FOS – fructooligosaccharides from chicory), durum wheat semolina. Product made with cereal containing gluten and soy.

PROTEIN CONTENT OF SOME COMMON FOODS

Source: INRAN (National Research Institute for Foods and Nutrition)

Food	Protein per 100g
1. Parmesan cheese	33,5 %
2. SportPasta®	27,0 %
3. Cheese (pecorino)	25,8 %
4. Meat (raw veal)	20,7 %
5. Fish (raw cod)	17,0 %
6. Eggs (hen-eggs)	12,4 %
7. Pasta (durum wheat)	10,9 %
8. Bread (type 0 flour)	8,1 %
9. Beans (cooked in water)	7,9 %
10. Milk (cow's whole milk)	3,3 %
11. Potatoes (boiled)	2,1 %

The protein value of **SportPasta®** is not present in INRAN's tables, but it derives from the nutritional information indicated on the product packaging.

Nutritional Information	per 100 g
Energy Value	340 Kcal 1422 KJ
Fat of which saturated fatty acids	1,0 g 0,2 g
Carbohydrate of which sugars	51,4 g 2,2 g
Fiber	8,4 g
Protein	27,0 g
Sodium	0,01 mg
FOS	1000 mg
Cholesterol	absent

EthicSport
FOOD

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- SOY WITH GUARANTEED TRACEABILITY (IP)
- WITH ORGANIC SPELT FLOUR

- BRONZE DRAWING
- LOW TEMPERATURE DRYING