

## Summary:

Pasta is an Italian food made from dough using flour, water and eggs. When talking about the origin of pasta, a distinction needs to be made between fresh and dry pasta. . Pastas may be divided into two broad categories, dried and fresh Pasta comes in different textures and shapes.

Pasta is mostly starch because it is made of flour. It also contains other minerals and vitamins either directly from wheat or from artificial enrichment. Whole wheat pasta contains considerable amounts of minerals such as magnesium, iron, calcium, potassium, zinc, selenium and manganese and small amount of sodium. Pastas also contains vitamin B, which includes folic acid and niacin. Has a long shelf life.

Whole grain pasta is healthy for every meal and research also suggests that the regular consumption of whole grains translates into lower blood pressure and a reduced risk of heart attack, stroke, diabetes, and cancer.