



100% Whole Grain Pasta For Pregnant Women

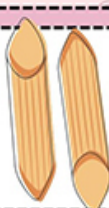
Benefits Of Whole Grain Pasta

It contains all three nutritious layers – the wheat kernel's bran, germ, and endosperm.

It has fiber and micronutrients.

It can lower high blood pressure and reduce the risk of heart disease and type 2 diabetes.

How To Identify A 100% Whole Grain Pasta



All flour and grains in the ingredients list should contain 'whole.'



Pick only the one that shows 100% whole grain or 100% whole wheat.



Choose the packs that have an orange whole-grain stamp.

