Benefits of making Healthy Spaghetti with whole grain pasta

By Ritus Nemenyi LBT

Kids love pasta and love the flavour they are used to. Any change to the flavor or texture is met with resistance. But the resistance will erode over a week or two as they reprogram the palate. Be strict and encouraging for this time for their health is worth it.

Whole grain or whole wheat pasta, such as spaghetti, is made from flour that contains the entire grain kernel, the germ, endosperm and bran. Whole grain pasta is rich in many nutrients essential for human health and is high in dietary fiber, which promotes regularity and may help lower cholesterol and aid in cancer prevention.

Whole grain pasta is a carbohydrate-rich food. One cup of whole grain pasta, cooked, provides approximately 37 grams of carbohydrates. According to the U.S. Department of Agriculture Dietary Guidelines for Americans, 45 to 65 percent of the calories you consume should come from carbohydrates, particularly complex carbohydrates, such as whole grains, vegetables and legumes. Macronutrients, such as carbohydrates, are those you need daily in large quantities. Carbohydrates are the preferred source of energy for your muscles, red blood cells and nervous system.

Whole grain pasta is high in B vitamins and minerals, such as copper, selenium, magnesium and manganese. Refined or white flour pasta, while enriched with B vitamins, is not a good food source of minerals. The B vitamins are important for a healthy nervous system and energy metabolism. Copper is needed to
form connective tissue, blood cells and promote function of the nervous, immune and cardiovascular systems. Selenium supports immune system and thyroid gland function. Magnesium is essential for regulating blood pressure and building strong, healthy bones while manganese aids in bone formation and the metabolism of carbohydrates and proteins.

Whole grains are high in dietary fiber, which promotes digestive health; helps lower blood sugar and blood cholesterol levels; encourages regular bowel movements and aids in weight management. The Harvard School of Public Health reports that whole grains, such as whole grain pasta, contain compounds called phytoestrogens or plant estrogens. These substances may help to reduce your risk of developing certain types of cancers -- particularly in conjunction with the minerals found in whole grains -- such as copper, selenium, magnesium and manganese.

The seeds of whole grains have three distinctive components called the endosperm, germ and bran. When these are intact, whole grains offer you higher nutrient value. Foods that derive from whole grains, such as pasta, have this same effect, while refined grains do not. The refining process takes away part of the bran, germ or endosperm, which devalues the nutrient content. If you are on the fence whether to switch to whole-grain pasta or not, let its multiple benefits make your decision for you.

### Lasting Energy

Carbohydrates are known as macronutrients, which the body needs in high amounts. They function to give you energy and support the brain and nervous system. Simple carbs occur naturally in milk, milk derivatives and fruits, but they are also prominent in cakes, cookies, candy, sweet drinks and sugary cereals. When consumed, simple carbs give you a fast spike of energy, but it wears off quickly. White pasta is technically a complex carb, but it is refined and starchy. This makes it act like a simple carb in the body. Consistent intake of simple carbs can promote weight gain and hinder weight loss efforts. Complex carbs, on the other hand, are digested at a slow pace and give you lasting energy levels. Whole-grain pasta is a good source of complex carbs. The recommended daily intake of carbs is 130 grams. A 2-ounce serving of whole-grain angel hair pasta has 41 grams of carbs.

### Improved Digestive Health
Fiber is a nondigestible form of carbohydrate that brings numerous benefits to the body. It comes in the form of soluble or insoluble. Insoluble fiber is the type found in whole grains and derivatives like pasta. This type creates softer stool that is easier to pass through the digestive system, which, in turn, prevents constipation and reduces the risk of developing intestinal conditions like diverticulosis. Diverticulosis is a painful condition where small pouches on the intestinal wall become inflamed. Whole-grain pasta generally has at least 5 grams of fiber per serving. In contrast, regular pasta generally has 2 grams or less. The recommended amount of fiber per day is 30 to 38 grams for men and 21 to 25 grams for women. Oat bran is a form of soluble fiber, which helps reduce cholesterol and stabilizes blood sugar levels. Look for oat bran pasta in your local grocery store to reap these benefits as well.

**Muscle Recovery and Tissue Repair**

Protein is another macronutrient that has different responsibilities in the body than carbs. It helps repair cells and tissue, rebuilds muscle and strengthens hair, nails and skin. The recommended amount of protein per day is 46 grams for women and 56 grams for men. Whole-grain pasta has a moderate amount of protein, and a higher amount than regular pasta. Two ounces of penne for example, contains 6 grams. Regular pasta generally has half this amount or less.

**Improved Functional Capacity**

Iron is important for oxygen transportation to the muscles and rest of the body. This, in turn, gives you the ability to do daily functions optimally. Iron also helps with immune function and neurotransmitter production in the brain. Meats and fish tend to have a high amount of this mineral, but whole grains have moderate amounts as well. Whole-grain spaghetti has 8 percent of the recommended daily value in 2 ounces. Have your pasta with turkey or lean beef meatballs to add more iron to your meal. Spinach also has a moderate amount of iron, and would pair well as a side salad with your meal.

**Stronger Bones and Immunity**

Whole-grain pasta contains generous amounts of phosphorus, manganese, magnesium and selenium, while refined pasta has only negligible amounts. Each one of these minerals has a specific function in the system. Phosphorus, which is stored in the bones, helps with energy production, reduces muscle soreness from intense workouts and aids cell and tissue repair. Manganese
helps with sex hormone production, blood clotting and it also contributes to strong connective tissue. Magnesium is essential for heart rhythm, strong bones, nerve function and blood sugar regulation. Selenium is an antioxidant that boosts immunity and promotes thyroid function.

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Today in our every day life it is not easy to make healthy choices and also to enjoy flavours, enjoy the taste of your meal. First of all we all have to learn to train our mind what NOT to eat, and what is what we NEED to keep up our healthy digestion, as it has a gigantic effect on our whole system.

Kids love pasta and love the flavour they are used to. The flavour and the excellent taste can be maintained, just with a lot more nutrients, vitamins and lower calories. We can mention here the veggie burgers, vegetarian spaghetti sauce, algae pasta, and a lot more delicious options.

**HOW TO MAKE THIS VEGETARIAN SPAGHETTI SAUCE**

You’ll get 5 cans of the best tomatoes (I like to use Cirio brand), tomato paste, garlic, mushrooms, peppers (which you’ll roast), olives, and a whole bunch of other flavorful ingredients like red wine and vegetarian (fish free) Worcestershire sauce.

You’ll let it simmer for 3-4 hours, stirring often, in which time it will reduce and form a beautiful chunky sauce.

Serve over spaghetti, top with cheese, add garlic bread and salad.

And everyone’s favorite dinner is ready!

**HOW TO FEED A HUNGRY CROWD WITH IT**

Spaghetti dinners are the ultimate crowd pleasers. Make a batch of this sauce, a big pot of spaghetti, roast a spaghetti squash and guess what? You can feed vegetarian, vegan, gluten free and low carb friends and family. Winning.

The sauce is naturally vegan, but to make the perfect vegan spaghetti dinner you could add some homemade vegan parm. It’s quick and easy to make!
This recipe I am sharing with you was from one iteration of the spaghetti sauce. But in reality it’s made a little differently each time. Some ideas for how to personalize your sauce:

- You can use white wine instead of red
- Use a couple cans of fire roasted tomatoes (and then you don’t need to roast the peppers, unless you want it doubly smoky)
- You can add some parmesan to the sauce
- Make it arrabbiata style with the addition of red chili
- Throw in some mashed capers for extra umami
References and how to buy:

https://borgattis.com/

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