

HEALTHY PASTA MEALS
IN CONJUNCTION WITH
IV WORLD PASTA CONGRESS
AND
WORLD PASTA DAY

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Pietro Antonio Migliaccio, Dr, Professor of Nutrition Science, Nutritionist, specialist in gastroenterology.

Mediterranean diet is associated with a significant improvement in health status, as seen by a significant reduction in overall mortality, mortality from cardiovascular disease, incidence of mortality from cancer and incidence of Parkinson's disease and Alzheimer's diseases. This is the result of cumulative analysis of all studies performed since 1996.

Our work shows the main points of Mediterranean diet, the relationship between nutrients and how the different foods are divided in the five groups. Low carbohydrate diets and the role of pasta on normocaloric and hypocaloric diets are examined.

At least, clinical studies data have demonstrated that a low carbohydrate diet could be extremely unhealthy leading to several side effects in many organs.

It is important to remember that the Mediterranean diet has been recognized by UNESCO as immaterial treasure of the humanity.