



# DREAMFIELDS PASTA

## NUTRITION FACTS PANEL TEACHING TOOL

Dreamfields is a delicious pasta with twice the fiber, fewer digestible carbohydrates and a lower glycemic index than traditional pasta. To help better explain how Dreamfields works, below is a breakdown of key information on the Nutrition Facts panel.

### Total Carbohydrate: 41 g

While the total number of carbohydrates is the same as traditional pasta, Dreamfields' patent-pending formula and unique manufacturing process protects all but 5 grams of carbohydrates from being digested. The Dreamfields fiber and protein blend creates a protective barrier to reduce starch digestion in the small intestine. The unabsorbed, or protected, carbohydrates then pass to the colon where they are fermented, providing many of the same benefits as fiber.

### Dietary Fiber: 5 g

Dreamfields has twice the fiber (5 g) per two ounce dry serving of traditional pasta. The three grams of soluble fiber come from natural food fibers, including xanthan gum, pectin and inulin. Inulin is a 100 percent natural prebiotic fiber found in common foods such as Jerusalem artichokes (sunchoke), asparagus, garlic, raisins and chicory root. By providing a food source for the healthy bacteria living in the gut, prebiotics such as inulin may: help promote healthy digestion, support a healthy immune system, and improve calcium absorption. Soluble fiber (like that found in oats, dried beans, and apples) dissolves easily in water and may improve regularity. Soluble fiber can also help reduce cholesterol and glucose levels.

### Carb Facts

To help explain how Dreamfields' digestible carbohydrates are calculated, each box of Dreamfields carries this graphic.

## CARB FACTS

TOTAL CARBS	41
FIBER	-5
PROTECTED CARBS	-31
DIGESTIBLE CARBS	5

Nutrition Facts	
Serving Size 2 oz (56g / 1/2 cup) Dry	
Servings Per Container: About 6.5	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>1%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 5g	<b>20%</b>
Soluble Fiber 3g	
Insoluble Fiber 2g	
Sugars 1g	
<b>Protein</b> 7g	<b>14%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
Thiamin 30%	Riboflavin 15%
Niacin 20%	Vitamin B <sub>6</sub> 6%
Folate 40%	Pantothenic Acid 2%
Phosphorus 8%	Zinc 4%
Copper 6%	
*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** ENRICHED SEMOLINA, (SEMOLINA, IRON (FERROUS SULFATE), AND B VITAMINS (NACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)), INULIN (VEGETABLE FIBER), WHEAT GLUTEN (PLANT PROTEIN), XANTHAN GUM (FOOD FIBER), PECTIN (FRUIT FIBER), POTASSIUM CHLORIDE.

### Serving Size: each 2 ounce dry serving is equal to about:

	Dry	Cooked
Penne Rigate	1/2 cup	1 cup
Elbows	1/2 cup	1 cup
Rotini	3/4 cup	1 1/2 cup
Spaghetti	1/2 in. circle	1 cup
Linguine	3/4 in. circle	1 cup
Lasagna	2 pieces	1 1/2 cup
Angel Hair	1/2 in. circle	1 cup

### Calories: 190

Theoretically, since the protected carbohydrates behave like soluble fiber, it's likely they contribute fewer calories, thus decreasing the actual calories that are absorbed in a serving to about 130. However, in order to make this claim on the nutrition facts panel, significant testing must be completed and then petitioned to the FDA, a long and expensive process that the brand has yet to undergo.

### Semolina

Like other premium white pastas, Dreamfields is made with durum wheat semolina, so it has the flavor and texture of authentic, traditional pasta.

Questions? Please contact Liz Housman at (763) 253-0447 or email to [lhousman@dakotagrowers.com](mailto:lhousman@dakotagrowers.com)