



# DREAMFIELDS PASTA

## PRODUCT FACT SHEET

### Product Description:

Dreamfields is a delicious pasta with twice the fiber (5 grams; 20% of the daily recommendation), fewer digestible carbohydrates and a lower glycemic index than regular pasta. Its delectable taste and nutritional benefits make it a healthful option for people with diabetes and a flavorful, nourishing pasta for the entire family.

### Why It's Unique:

- Dreamfields' patent-pending recipe and manufacturing process protects all but 5 grams of the carbohydrates per serving from being digested and therefore lessens post-meal blood glucose rise as compared to regular pasta.
- Dreamfields contains inulin; a 100% 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. Inulin is a soluble fiber (like that found in oats, dried beans and apples) which means it dissolves in water turns into a gel during digestion. As part of a healthful overall eating plan, consuming enough soluble fiber may help reduce blood cholesterol and glucose levels.
- Dreamfields Pasta is the only pasta clinically shown to have a lower glycemic index than regular pasta (65% lower).
- Dreamfields has all of the flavor and texture of traditional pastas.

### Pasta Shapes:

- Spaghetti
- Elbows
- Lasagna
- Angel Hair
- Penne Rigate
- Rotini
- Linguine

**Suggested Retail Price:** \$2.49

### Availability:

Nationwide in supermarkets; online via [amazon.com](http://amazon.com), [carbsmart.com](http://carbsmart.com), [netrition.com](http://netrition.com), [vivalowcarb.com](http://vivalowcarb.com) and through [dreamfieldsfoods.com](http://dreamfieldsfoods.com).

### Good Housekeeping Seal:

Dreamfields Pasta has earned the Good Housekeeping Seal, one of the most prestigious and trusted honors for consumer goods. Every product that is awarded the seal is reviewed and evaluated by the Good Housekeeping Research Institute to ensure that all product claims are valid and authentic.

### 2008 American Diabetes Association (ADA) Clinical Practice Recommendations:

The ADA Clinical Practice Recommendations included a statement recognizing the evidence that reducing carbohydrate or fat intake is equally effective for decreasing weight in the short term if calorie intake is reduced.

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

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