



## Dreamfields® Pasta “How it Works”

### QUESTION:

We teach that total carbohydrates minus fiber is the actual carb content. How do you figure 5 grams of digestible carbohydrates in a 2 ounce serving of Dreamfields? How do the digestible carbohydrates work?

### ANSWER:

Dreamfields patent-pending process adds a unique blend of protein and inulin fiber (a 100% natural prebiotic fiber found in common foods such as Jerusalem artichokes (sunchokes), asparagus, garlic, raisins and chicory root) to premium durum wheat semolina, resulting in a pasta with 5 grams fiber per serving (about twice that of regular pasta), a 65% lower glycemic index (GI) than regular pasta (Dreamfields GI = 13; regular pasta GI = 38), and 5 grams digestible carbohydrates per serving, which results in a lower blood glucose rise compared to that following consumption of regular pasta.

Of the 41 grams carbohydrate in each serving of Dreamfields pasta (2 oz. dry or about 5 oz. cooked), all but 5 grams carbohydrates are protected from being absorbed due to the unique patent-pending process used to make the pasta. The unique blend of protein and inulin are balanced to provide functional properties to modify the product's microstructure and influence starch granule permeability. A matrix is created within the semolina flour, thereby preventing starch-digesting enzymes from cleaving digestible carbohydrates into absorbable monosaccharides. The carbohydrate protected from digestion can pass to the colon where it is fermented, providing many of the benefits of fiber. Aside from reducing starch digestibility, the changes to the pasta's microstructure and starch granule permeability reduce the GI.

Each batch of pasta undergoes rigid clinical testing to ensure that there truly are only 5 grams of digestible carbohydrate per serving and to ensure the accuracy of the stated GI level. The testing method includes measuring blood glucose response to the whole food in humans to establish the pasta's glycemic load. This clinical testing is conducted at AMK Clinical Research Facility in Gainesville, Fla., an independent laboratory.

Please review the technical article entitled '[\*\*Dreamfields Pasta, the Delicious and Healthy Way to Help Manage Blood Glucose, Control Weight and Sustain Energy\*\*](#)' to learn more. You can view how the Dreamfields technology modifies the product's microstructure shown by scanning electron microscopy.