



Dreamfields® Pasta Q&A

Dreamfields is a delicious pasta with twice the fiber (5 grams; 20% of the daily recommendation), fewer digestible carbs 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.

1) Q. What makes Dreamfields Pasta unique?

- A.** Like other premium pastas, Dreamfields Pasta is made primarily with durum wheat semolina, which is why it tastes great. The pasta is unique because,
- 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 percent natural prebiotic fiber found in common foods such as Jerusalem artichokes (sunchokes), 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 easily in water and may improve regularity. Soluble fiber can also help reduce 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 taste and texture of traditional pastas.

2) Q. Why do you say that Dreamfields Pasta only has 5 grams of digestible carbs when the nutrition label states that it has 41 grams of carbohydrates?

- A.** While the total number of carbohydrates is the same as regular pasta, our 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 the same health benefits as fiber.

3) Q. What is inulin?

- A.** Inulin is a 100 percent natural fruit and vegetable fiber found in common foods like Jerusalem artichokes (sunchokes), asparagus, garlic, raisins and chicory root. Inulin has many health promoting benefits – it is a prebiotic fiber, meaning that it is food for the “good” bacteria (bifidobacteria and lactobacilli) that live in the colon, and may help improve digestive health. These bacteria grow and produce fermentation products that may also help support a healthy immune system, modulate glucose and lipid metabolism in the liver, help improve calcium absorption, and help keep the colon functioning properly for recycling of water and electrolytes. Inulin is a soluble fiber (like that found in oats, dried beans and apples) which means it dissolves easily in water and may improve regularity. Soluble fiber can also help reduce cholesterol and glucose levels.



4) Q. How can Dreamfields Pasta have a 65 percent lower glycemic index (GI) than regular pasta?

- A.** The glycemic index (GI), in simple terms, measures the quality of carbohydrates in a food item. This is measured by how quickly the body breaks down carbohydrates and converts the carbohydrates into glucose.

The glycemic index is measured on a scale from 1 to 100. Foods with a high GI break down quickly during digestion, causing a high and quick blood-glucose response. Low GI foods break down more slowly and release glucose into the bloodstream at a much lower and slower rate.

Dreamfields' unique fiber and protein blend enables its pasta to have a glycemic index that is 65 percent lower than regular pasta (Dreamfields GI=13; regular pasta GI=38). This blend also 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. The company carefully monitors and clinically tests the pasta on healthy people to ensure accuracy of its stated GI level.

5) Q. How can those with diabetes use the "digestible carbs" in Dreamfields to manage their carbohydrate intake?

- A.** Many people with diabetes who consult with a registered dietitian or diabetes educator use a food's glycemic index (GI) and glycemic load (GL) as tools to help manage their daily food intake and blood glucose levels. The digestible carbs in Dreamfields are calculated in the same way that a food's GL is established, and thus the values of the two terms are equivalent: Dreamfields has 5 digestible carbohydrates, or a glycemic load of 5 units, for a standard serving (2 ounces dry or about 5 ounces cooked).

6) Q. How are "digestible carbohydrates" different from "net carbohydrates"?

- A.** Dreamfields' "digestible carbohydrates" are determined by a clinical method that measures the blood glucose response of the whole food to establish its content of digestible carbohydrates or glycemic load. This is unlike net carbs, which is simply determined by estimating the digestibility of individual food components (subtracting fiber from total carbohydrates). The clinical testing is conducted at an independent clinical laboratory.

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7) Q. Isn't the low carb craze over?

- A.** Carbohydrate consciousness is as top-of-mind with consumers and the media as ever. However now we're focusing on including the right carbs in our everyday diets. The 2008 American Diabetes Association (ADA) Clinical Practice Recommendations include a statement recognizing the increasing evidence that weight-loss plans that restrict carbohydrates or fat calorie intake are equally effective for reducing weight in the short term.
- It is still recommended to consume about 130 grams of carbohydrates per day to provide adequate glucose as the required fuel for the central nervous system without reliance on glucose production from ingested protein or fat.
 - Calorie balance – not the source of the calories – is the key factor in weight loss.



- 8) **Q. Is Dreamfields just for people with diabetes?**
A. With only 5 grams of digestible carbohydrates per serving and with a 65 percent lower GI than regular pasta, Dreamfields is a healthy pasta option to help people with diabetes manage post-meal blood glucose levels when included as part of an overall healthful eating plan. However, because Dreamfields is high in fiber and low in carbohydrates, it's a healthy pasta option for everyone in the family. Plus, with all the taste and texture of traditional pasta, everyone will enjoy the meal.
- 9) **Q. Is Dreamfields a whole wheat pasta?**
A. No. Dreamfields is made primarily with enriched durum wheat semolina which is why it has all the taste and texture of a premium pasta. Whole wheat pastas typically contain some durum wheat semolina, but are made predominately with whole wheat flour, giving them a strong taste and gritty texture. Dreamfields' patent-pending recipe gives it more than twice the fiber of regular pasta (5 grams; 20 percent of the daily recommendation), making it comparable to many whole wheat varieties. Most of the fiber in Dreamfields comes from inulin, which is a soluble fiber (like that found in oats, dried beans and apples) meaning it dissolves easily in water and may improve regularity. Soluble fiber can also help reduce cholesterol and glucose levels.
- 10) **Q. Where can I find Dreamfields?**
A. Dreamfields is available nationwide in most grocery stores, and online via Amazon.com, carbsmart.com, netrition.com, vivalowcarb.com and through the Dreamfields Web site, www.dreamfieldsfoods.com.
- 11) **Q. What's the best way to prepare and eat Dreamfields Pasta?**
A. Dreamfields is as easy to prepare as regular pasta. Recommended cooking times are provided on each package. Cooking time will vary slightly with the type of pasta product. As with all pasta, it's best cooked al dente, and not overcooked. Dreamfields' great taste and various shapes go perfectly with all types of sauces, proteins and vegetables. The possibilities are endless. Visit www.dreamfieldsfoods.com for delicious recipe ideas.

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