

AN ALLIED HEALTH: THE PASTA

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ABSTRACT

The Mediterranean diet has been recognized historical and cultural heritage of great importance, nutritional and culinary excellence to scratch. In the Mediterranean diet 50-60% of kilocalories should come from carbohydrates, 25-30% from lipids and the remaining 10-15% from protein, the dough thus represents the main source of complex carbohydrates, ideal energy source is essential for the daily activities ensuring the good health state. The beneficial properties and the nutritional values of pasta are numerous. Pasta is a ally of the diet: satiating has great power and is an excellent solution for stress. It also contains vitamins of the B group essential for the proper functioning of the nervous system, the starch paste is free glucose, which promotes the synthesis of serotonin, which gives well-being. Some studies have shown that, among the carbohydrates, the pasta has the lowest glycemic index not therefore increases the levels of C-reactive protein, which proved to be correlated with cardiovascular risk does not increase the risk of hypertension because it contains very little sodium and fiber, the latter fundamental in the prevention of cancer.

Keywords: *Mediterranean Diet, Pasta, Prevention, Health and Wellness.*

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Introduction

The Mediterranean diet is not a simple list of foods but as suggested by the etymology of the word (from the greek *diaita*), indicates a lifestyle, a way of life; it is grounded in respect for the territory and biodiversity, and ensures the conservation and development traditional activities and crafts linked to fishing and farming in the community Mediterraneo. The Mediterranean diet has always been recognized for its health benefits, due to the prevalence of healthy

and wholesome food. Adopt as a stable and lasting diet a diet based on Mediterranean cuisine also serve as a protective factor from major chronic diseases. The Mediterranean diet protects the body, defending it from the development of heart diseases, from cancer to Parkinson's disease or Alzheimer's. The adoption of this diet is, therefore, a real preventive therapy to reduce the risk of premature death among the population⁽¹⁻¹⁵⁾. In November 2010, the Mediterranean diet has been recognized by UNESCO Intangible Cultural Heritage of Humanity.

A heritage, including the eating habits of the peoples of the Mediterranean Sea basin. UNESCO awards the Mediterranean diet

Even the pasta is a World Heritage Site. The typical dishes of the Mediterranean diet are thus culinary excellence and nutritional top notch. The short cooking enhances the aromas and flavors of all the ingredients, each of which expresses decided nourishing and protective properties. The pasta is the basis of mediterranea diet it is considered by Italians, as well as a food, a unifying element shared throughout Italy: it is an integral part of life, popular culture (simple and traditional) of Italian, not only their cooking, but their very essence, always. Indispensable in a variable and balanced diet and meet the tastes of about 88% of Italians and 50% of Europeans. A food with numerous recognized by the world's leading nutritionists merits and benefits.

The calorie intake per 100 g of durum wheat semolina pasta is about 360 kcal, of which 72% in the form of complex carbohydrates, 12% proteins and as a content to a negligible fat. In a balanced and healthy diet (Mediterranean diet), 50-60% of kilocalories taken during the span of the day should come from carbohydrates, 25-30% from lipids and the remaining 10-15% from protein. The beneficial properties of the dough are numerous and significant are the nutritional values. Mistakenly it believed that such food results in weight gain, overweight actually depends on the portions, from the seasoning and the sedentary lifestyle. With a diet of pasta consumption is balanced and complete. The dough can be seen, therefore, as an excellent ally of the diet from a nutritional point of view is a complete and constitutes the foundation of the Mediterranean diet food. The nutritional values of the dough change depending on the type, based on the fact that the dough is traditional or integral semolina.

In general, however, it has up 11-13% protein and is also rich in starch, which can be up to 70-75%. It also contains vitamin B and has an abundance of minerals, among which potassium. The fats, in 100 grams of product, are present in an amount equal to 1.51 grams in semolina pasta and 2.5 grams in that integral semolina. animal proteins are absent. The wholemeal pasta, also has a high content of fiber, useful for the intestinal motility. The paste is an easily digestible food ensures energy ready to use (such as all carbohydrates) possesses a great satiating power and between the carbohydrate has the lowest glycemic index, together with the bread of durum wheat, it does not cause a sharp rise in blood glucose

guaranteeing satiety, in addition to starch, the paste contains, albeit in smaller quantities, proteins, minerals (calcium, phosphorus and iron). According to the latest research does not raise the levels of C-reactive protein linked to cardiovascular risk, and also has very little sodium (important in the prevention of hypertension) also fibers, which are crucial in preventing cardiovascular diseases and cancer; It contains vitamins of the B group, in particular of B1 (or thiamine), which are indispensable for the proper functioning of the nervous system⁽¹⁶⁻²⁵⁾.

Conclusion

Finally, the glucose that is released from starch favors the synthesis at the brain level of serotonin, a neurotransmitter that by a sense of well-being is therefore also an excellent solution also against the stress also its taste being good, manages to put But the mood benefits of pasta are not limited to controlling stress and anxiety; many studies have shown that the Mediterranean diet, in which the dough has a primary role, reduces the risk of contracting Alzheimer's disease. The pasta is also indicated for athletes. Before an important competition or strenuous workout, it must be introduced a meal of carbohydrates, which will be consumed during exercise. From therefore dispel the cliché that associates the dough to an unbalanced diet, and avoid those dietary plans that eliminate and reduce all carbohydrate-containing foods⁽²⁶⁻³¹⁾.

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