

FIBERPASTA – Scientific Study on Obese Patients and FIBERPASTA – Scientific Report - San Camillo Forlanini Diabetes Department

MD Prof. Claudio Tubili^{1*}
Ms Odette M.S. Hassan²

¹Diabetes Unit Chief, San Camillo Forlanini Hospital – Rome (Italy)
²Diabetes Unit Dietitian, San Camillo Forlanini Hospital – Rome (Italy)

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		E-mail: info@fiberpasta.it	
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FIBERPASTA

Fiberpasta may be included not only in a balanced diet, but also in the diets of people suffering from metabolic pathologies (diabetes, dyslipidaemia, obesity ...) and/or constipation because of its characteristic composition, gained by specific technological processes, 98% wheat (durum wheat semolina, durum wheat fiber, starch and inulin).

Fiberpasta has therefore an almost double amount of fiber in comparison with other kinds of wholemeal pasta currently sold, but above all it contains more soluble fiber.

Furthermore it is characterized by a feeling of satiety and a lower level of calories. Calories are about 20% less than in ordinary semolina pasta.

A technological process based on heating/cooling increases the amount of RS to 4.5g/100 g much more than the quantity of other cereal byproducts:

Fiberpasta differs from other kinds of wholemeal pasta for its light colour, similar to the colours of durum wheat pasta, because of the lack of lignin, a major soluble fiber source. Besides a likely better liking of the consumer, due the “familiar” colour of the pasta, this process brings undoubtedly about some positive physiological effects: lignin can reduce absorption of minerals which represents a likely negative effect in intake of high quantities of insoluble fiber in children and elderly people.

These aspects are particularly recommended when weight and daily calories intake control is necessary (prevention and therapy of overweight, obesity, type II diabetes, dyslipidaemia). In our experience a group of obese patients has undergone a low calories diet including a serving of Fiberpasta/die; 93% persons have finished dieting and lost kg 6.29 and the BMI was reduced to 2.39; metabolic index was checked at the beginning and the end of treatment (3 months). Their average total cholesterol was first 213.2 mg/dl and then 191.4 mg/dl.

Fiberpasta in dieting has helped adherence to diet, result which may be attributed to the ratio quantity/calories which enables patients to eat more pasta and the increased feeling of satiety after the meal. In fact the analysis of the test questions revealed that group was satisfied with dieting with a score of 8.66 and 9.14 of patients of the group declared they had eaten enough.

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Organizatioin Profile

San Camillo - Forlanini Hospital Company
Company With National And High Specialization Hospitals
Via Portuense, 332 - 00149 Rome,
Transplant Inter-Company Department (POIT)
Director Prof. Salvatore Di Giulio.
UO Of Diabetology With Day Hospital Carlo Forlanini Hospital - Forlanini Square,
17 - 00152 Rome,
Head of Dr. Claudio Tubili. Day Hospital - Direct and Fax +39 06 58702601



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