

Can I Eat Pasta When Trying to Lose Weight

Who doesn't love a lovely bowl of spag bol for dinner. Quick, easy and delicious. Not to mention lasagne, my personal favourite. Or maybe you are more of a pesto and carbonara type of person. Pasta is often a hot topic when weight loss is a goal. Should I cut out pasta is a common question. Is pasta healthy for me is another. Let's break things down and hopefully answer all your pasta related questions.

When the world went through its low carb dieting phase, pasta got shown the door. Pasta is a carbohydrate rich source and has no place in a low carb world. Well we know that low carb is not necessary for us to lose weight and that in order to lose weight we need to look more at our calories in and our calories out. In terms of calories, a serving of cooked pasta is actually



very similar to that of a serving of rice, varying of course between white or brown/wholemeal and dried or fresh. The key here is to moderate your portions and ensure you are not over eating, because over indulging on any food will begin to lead to weight gain. The other things that can turn a healthy pasta dish into a not so healthy one is the sauce... Creamy based sauces like carbonara with its little bacon bits, not so great on the fat or calorie count. Compared to a tomato based sauce like Bolognese, much lighter.



The thing to remember is that pasta is a processed food made from wheat. Everyone should be aiming for a diet of moderation in a variety of foods with less focus on processed foods and more focus on fresh, whole foods. So yes, pasta as a part of a varied diet is perfectly healthy for you. It provides a good dose of fibre, particularly the

wholemeal variety, and it is often enriched with other vitamins, things like folic acid and iron. So eating pasta a couple times a week is fine and will not jeopardise your weight loss goals. A great time to eat pasta is after a big workout, to replenish all the carbohydrate stores in the body and aid in muscle recovery.

The key to eating (and enjoying) pasta is to moderate your pasta based meals to only a couple times a week. Add tomato based sauces with lots of added veggies and avoid the creamy based sauces. And remember to watch your portions, this is where most people go wrong. Aim for between 75-120g cooked pasta as 1 serving. Keep these things in mind and you can most definitely eat pasta as a healthy diet and still lose weight.