

NET WT 10 OZ (280g)

K-1768
PARVE

No one else even comes close!

Standard pasta 210
Fiber Gourmet 130

COMPARE THE CALORIES:

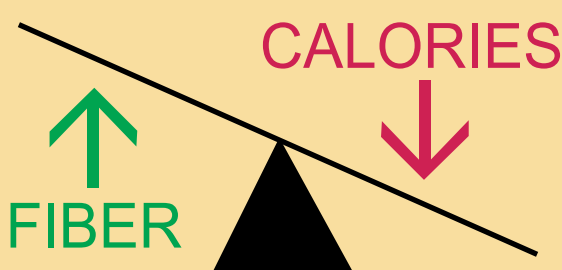
18g Fiber!

All of the taste, none of the guilt

Fiber Gourmet
Light Pasta

How do we have 40% fewer calories than standard pasta?

Through our patent-pending technology, we are able to add high amounts of dietary fiber, while keeping the taste and texture of standard pasta. Since fiber has **0 calories**, as the fiber goes **up** the calories go **down**.



US & Intl Patents Pending

Cooking instructions:

Bring 4 quarts of water to a boil. Add salt to taste, stir in pasta. Cook 4-5 minutes, stirring often, until *al dente* (tender yet firm). Drain and optionally rinse with cool water to reduce sticking. Add sauce or toppings and enjoy!

NO GAMES! NO GIMMICKS! Calories and fiber determined by laboratory analysis, available for download at www.fibergourmet.com

Nutrition Facts

Serving Size 2 oz uncooked (56 g)
Servings per container 5

Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 43g	14%
Dietary Fiber 18g	72%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Classic Pasta

Ingredients:
Durum Semolina Flour,
Modified Wheat Starch,
Wheat Gluten

Manufactured for
FiberGourmet, Inc
Miami Beach, FL 33140
www.fibergourmet.com



Made in the USA

All ingredients are products of the USA

Exchange 1½ Starch