

FiberPasta®

MOLINO POLVERINI
MUGNAI DA 4 GENERAZIONI

www.fiberpasta.it

LOW GLYCEMIC INDEX FOOD

HIGH PLANT-BASED PROTEIN FOOD



PASTA

15% FIBER • Glycemic index 23

Available shapes: penne, spaghetti, sedani, fusilli, gramigna, tubetti, tagliatelle, lasagna, farfalle, linguine.

Ingredients: durum wheat semolina. 14% dietary fiber (wheat fiber, resistant starch, inulin).

May contain traces of egg, soy and mustard.

Product sizes: 500g, 400g e 250g.

Shelf life: 3 years.

Nutritional value per 100g	
Energy	kJ/kcal 1381/330
Fat	1 g
of which: saturates	0,4 g
Carbohydrate	58 g
of which: sugars	0,3 g
Fiber	15 g
Protein	15 g
Salt	0 g

- **Approved for diabetic people by the Italian Ministry of Health**
- **Low glycemic index: 23**
- **15% fiber, more than double the fiber of whole-wheat pasta**
- **Slow-release carbs helping control blood sugar and cholesterol levels**
- **Mix of both soluble and insoluble fiber improving digestive health**
- **Low nickel content: 0,071mg/kg**
- **100% Italian wheat**



FLOUR

15% FIBER • Glycemic index 29

Suitable for baked goods and fresh pasta.

Ingredients: soft wheat flour 0, 14% dietary fiber (wheat fiber, resistant starch, inulin).

May contain traces of soy, mustard and lupine.

Product size: 1kg.

Shelf life: 1 year.

Nutritional value per 100g	
Energy	kJ/kcal 1381/330
Fat	1 g
of which: saturates	0,5 g
Carbohydrate	58 g
of which: sugars	1,9 g
Fiber	15 g
Protein	12 g
Salt	0 g

- Low glycemic index: 29
- 15% fiber, more than double the fiber of whole-wheat pasta
- Slow-release carbs helping control blood sugar and cholesterol levels
- Mix of both soluble and insoluble fiber improving digestive health
- Low nickel content: 0,060mg/kg
- 100% Italian wheat
- No additives/preservatives



PIADINA

10% FIBER • Glycemic index 34

Light and tasty.

Ingredients: soft wheat flour 0, water, high oleic sunflower oil, 10% dietary fiber (wheat fiber, resistant starch, inulin), salt, preservative: calcium propionate.

May contain traces of mustard.

Product size: 300g pack (3 pcs).

Shelf life: 5 months.

- Low glycemic index: 34
- High fiber: 10%
- Without lard, with high oleic sunflower oil
- Cholesterol free
- Yeast free and Low salt
- Vegan friendly

Nutritional value per 100g	
Energy	kJ/kcal 1131/270
Fat	7,9 g
of which: saturates	0,2 g
Carbohydrate	38 g
of which: sugars	0,8 g
Fiber	10 g
Protein	10 g
Salt	0,2 g



BREAD

10% FIBER • Glycemic index 41

Precooked, ready in a few minutes in the oven.

Ingredients: mix FiberPasta: soft wheat flour 0, 14% dietary fiber (wheat fiber, resistant starch, inulin); water, extra virgin olive oil, brewer's yeast, malted cereal flour, salt.

May contain traces of soy, milk and milk derivatives, sesame seeds, lupine, mustard.

Product size: 320 g pack (4 pcs).

Shelf life: 5 months.

- Low glycemic index: 41
- High fiber: 10%
- With extra virgin olive oil
- Vegan friendly

Nutritional value per 100g	
Energy	kJ/kcal 1069/254
Fat	4,7 g
of which: saturates	0,8 g
Carbohydrate	41,5 g
of which: sugars	1,3 g
Fiber	10 g
Protein	7,2 g
Salt	1,3 g



Light and tasty, ideal for quick and healthy meals!

PIZZA BASE AND FOCACCIA

12% fiber – Glycemic index Pizza base: 37 / Focaccia: 39

Precooked, ready in a few minutes.

Ingredients: mix FiberPasta: soft wheat flour 0, 14% dietary fiber (wheat fiber, resistant starch, inulin); salt, extra virgin olive oil, fresh brewer's yeast, sorbic acid, enzymes.

May contain traces of soy, milk, eggs, nuts, sesame, lupine, mustard.

Product size Pizza Base 340 g pack (2 pcs)

Product size Focaccia 250 g pack (4 pcs)

Shelf life: 3 months

- **Low glycemic index: 37 (Pizza base), 39 (Focaccia)**
- **High fiber: 12%**
- **With extra virgin olive oil**
- **Vegan friendly**



Nutritional value per 100g	
Energy	kJ/kcal 1033/247
Fat	2,7 g
of which: saturates	0,4 g
Carbohydrate	44 g
of which: sugars	1,4 g
Fiber	12 g
Protein	9 g
Salt	2 g



Light, tasty, easy to prepare!

TARALLI

10% FIBER • Glycemic index 49

Healthy and tasty.

Ingredients: FiberPasta flour: soft wheat flour 0, 14% dietary fiber (wheat fiber, resistant starch, inulin); white wine, high oleic sunflower oil, extra virgin olive oil, fennel seeds (0,85%), natural flavor.

May contain traces of sesame, celery, milk and milk derivatives, soy, lupine, mustard.

Product size 250g.

Shelf life: 1 year.

Nutritional value per 100g

Energy	KJ/kcal 1802/429
Fat	14 g
of which: saturates	1,4 g
Carbohydrate	60 g
of which: sugars	0,8 g
Fiber	10,2 g
Protein	13 g
Salt	0,1 g

- **Low glycemic index: 49**
- **High fiber: 10%**
- **No added salt**
- **Flavored with fennel seeds**



PASTA PRO / Protein Pasta

30% PROTEIN - 9% FIBER

Ingredients: durum whole wheat semolina, pea protein isolate, wheat gluten, inulin.
May contain traces of egg, soy and mustard.

Shapes: Penne / Fusilli 250g.

Shelf life: 3 years.

Nutritional value per 100g	
Energy	kJ/kcal 1485/351
Fat	3,8 g
of which: saturates	0,9 g
Carbohydrate	46 g
of which: sugars	2,8 g
Fiber	9 g
Protein	30 g
Salt	0,4 g

- High plant-based protein: 30%
- High plant-based fiber: 9%
- Durum whole-wheat semolina with pea protein addition, excellent amino acid profile
- Italian traditional pasta taste
- Ideal for maintaining muscle mass healthy
- Premium quality



Good for fitness and sport nutrition!



FARINA PRO / Protein Flour

30% PROTEIN - 9% FIBER

Suitable for pancakes and bakery products.

Ingredients: soft wheat flour 0, pea protein isolate, wheat gluten, wheat fiber, inulin.

May contain traces of soy, mustard and lupin.

Product size 1kg.

Shelf life: 1 year.

Nutritional value per 100g	
Energy	kJ/kcal 1485/351
Fat	3,8 g
of which: saturates	0,9 g
Carbohydrate	46 g
of which: sugars	2,8 g
Fiber	9 g
Protein	30 g
Salt	0,4 g

- **High plant-based protein: 30%**
- **High plant-based fiber: 9%**
- **Wheat flour with pea protein addition, excellent amino acid profile**
- **Ideal for maintaining muscle mass healthy**
- **Premium quality**



Good for fitness and sport nutrition!

BASE PIZZA PRO / Protein pizza base

1 PIZZA BASE (200G) = 30G PROTEIN

Lactose and soy free. No preservatives. To be seasoned and bake in the oven for a few minutes.

Ingredients: water, soft wheat flour, pea protein isolate, brewer's yeast, inulin, extra virgin olive oil, salt, malted wheat flour, flavorings.

May contain traces of sesame seeds, lupine, mustard, milk, soy, egg products, fish products, nuts.

Product size 200g Pack (1 base).

Shelf life: 6 months.

- High plant-based protein
- High plant-based fiber
- Low glycemic index: 42
- Wheat flour with pea protein addition, excellent amino acid profile
- Ideal for maintaining muscle mass healthy
- Premium quality

Good for fitness and sport nutrition!

Nutritional value per 100g

Energy	kJ/kcal 994/236
Fat	3,9 g
of which: saturates	0,7 g
Carbohydrate	32,4 g
of which: sugars	2,7 g
Fiber	6 g
Protein	15,2 g
Salt	1,5 g



FiberPasta®
BASE PIZZA PRO
ALTO CONTENUTO DI PROTEINE / HIGH PROTEIN PIZZA BASE
1 base = 30g proteine / protein

	Per 100g	Per 1 base (200g)
Energia/Energy	994/236 kJ/kcal	1988/472 kJ/kcal
Grassi/Fat	3,9 g	7,8 g
- di cui acidi grassi saturi/saturates	0,7 g	1,4 g
Carboidrati/Carbohydrate	32,4 g	64,8 g
- di cui zuccheri/sugars	2,7 g	5,4 g
Fibre/Fiber	6 g	12 g
Proteine/Protein	15,2 g	30,4 g
Sale/Salt	1,5 g	3 g

200g e (1 base)

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 Tel 0731605841
 www.fiberpasta.it

Prodotto nello stabilimento sito in via Via Riccoli, 380 50051 Castelflorentino (FI)

Prodotto da forno precotto e confezionato in atmosfera protettiva. Pre-cooked bakery product, packaged in a protective atmosphere.
 SENZA CONSERVANTI / PRESERVATIVE FREE.
 Conservare in luogo fresco e asciutto. Dopo l'apertura, conservare in frigorifero e consumare entro 3 giorni. Keep in a cool and dry place. After opening, keep refrigerated and consume within 3 days.
 Da consumarsi preferibilmente entro il / Lotto: impressi sulla confezione. Best before / Lot: printed on the package.

VEGANOK
 Raccolta plastica, verifica le disposizioni del tuo Comune

PANINI PRO / Protein Bread

1 BREAD ROLL (80G) = 15G PROTEIN

Lactose and soy free. No preservatives.

Precooked, ready in a few minutes in the oven.

Ingredients: water, soft wheat flour, pea protein isolate, brewer's yeast, inulin, extra virgin olive oil, salt, malted wheat flour.

May contain traces of soy, milk and milk derivatives, sesame seeds, lupine, mustard.

Product size 320g (4 pcs).

Shelf life: 4 months.

Nutritional value per 100g	
Energy	kJ/kcal 1054/250
Fat	3,3 g
of which: saturates	0,7 g
Carbohydrate	33,4 g
of which: sugars	3,3 g
Fiber	7 g
Protein	19 g
Salt	1,3 g

- High plant-based protein
- High plant-based fiber
- Wheat flour with pea protein addition, excellent amino acid profile
- Ideal for maintaining muscle mass healthy
- Premium quality



Good for fitness and sport nutrition, ideal for quick and healthy meals!

BARRETTA PRO / Protein Bar

30% PROTEIN - 21% FIBER

Ingredients: Dark chocolate with pea protein and oligofructose (29%)[(cocoa mass, pea proteins (17,5%), cane sugar, cocoa butter, oligo-fructose, emulsifier: sunflower lecithin)], crispy cereals [(pea proteins, rice proteins, rice flour, turmeric), oligo-fructose, texturized pea proteins, hulled hemp seeds (4%), puffed quinoa (2,5%), almonds (1,5%), hazelnuts (1%), teff flakes (1%), coconut oil. *May contain soy, milk, peanuts and other nuts.*

Product size 140g (4 pcs).

Shelf life 15 months.

- High plant-based protein
- High plant-based fiber
- Gluten free and vegan
- Premium quality

Nutritional value per 100g	
Energy	kJ/kcal 1695/406
Fat	16 g
of which: saturates	7,7 g
Carbohydrate	25 g
of which: sugars	7,1 g
Fiber	21 g
Protein	30 g
Salt	0,05 g



GLUTEN FREE



Good for fitness and sport nutrition, ideal as healthy snack!

GALLETTA PRO / Protein Cakes

24% DI PROTEIN - 12% FIBER

Crunchy and tasty.

Ingredients: red lentil flour 90%, potato starch, sea salt.

Product size 120g.

Shelf life: 1 year.

- High plant-based protein
- High plant-based fiber
- Low fat
- Gluten free and vegan
- Premium quality

Nutritional value per 100g	
Energy	kJ/kcal 1500/355
Fat	1,9 g
of which: saturates	0,2 g
Carbohydrate	55 g
of which: sugars	1,4 g
Fiber	12 g
Protein	24 g
Salt	1,0 g

GLUTEN FREE



Good for fitness and sport nutrition, ideal to accompany your meal or as healthy snack!

FiberPasta Srl was founded by Giuseppe Polverini, the owner of the homonymous “Polverini Mill”, belonging to the fourth generation of a miller’s family. Our history began in the second half of 1800, when the family founder, Nazzareno Polverini, born in 1854, began his business with a small watermill near Ancona, in the centre of Italy.

In the years 1985-90, Mr Giuseppe Polverini supplied some companies of a big Italian group with special flours and in 1996 he founded I.P.D.Srl, currently named **FiberPasta Srl**. After a big waste of energies and time Mr Giuseppe Polverini could finally patent the a new dietetic product, FiberPasta, which is useful for human health and has a pleasant taste.



The Italian Ministry of Health in the year 2001 approved the healthy properties of FiberPasta® through an official Ministerial Decree.