











www.fiberpasta.it



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.

J
kJ/kcal 1381/3
0,
5 0,
1
1

- 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**











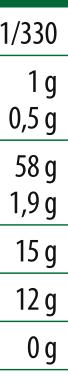
FLOUR

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 kJ/kcal 1381/330 Energy Fat of which: **saturates** Carbohydrate of which: **sugars** Fiber Protein Salt

- 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

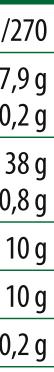
Light and tasty. **Ingredients:** soft **wheat** flour 0, water, high oleic sunflower oil, 10% dietary fiber (wheat fiber, resistant starch, inulin), salt, preservative: calcium propionate. May contain traces of mustard. **Product size:** 300g pack (3 pcs). **Shelf life:** 5 months.

Nutritional value per 100g

Energy	kJ/kcal 1131/2
Fat of which: saturates	7, 0,
Carbohydrate	3
of which: sugars	0,
Fiber	1
Protein	1
Salt	0,

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









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.

Nutritional value per 100g

Energy	kJ/kcal 1069/2
Fat	4
of which: saturates	0
Carbohydrate	41
of which: sugars	1
Fiber	1
Protein	7,
Salt	1,

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



Light and tasty, ideal for quick and healthy meals!

LOW GLYCEMIC INDEX LINE



/254 4,7 g),8 g I,5 g I,3 g 10 g 7,2 g 1,3 g



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 1033/2
Fat of which: saturates	2, 0,
Carbohydrate	4
of which: sugars Fiber	1, 1

Protein

Salt

Light, tasty, easy to prepare!

LOW GLYCEMIC INDEX LINE



250 g e (4 pz / pcs) Prototto nello stabilimento site in via G.Giuliani, 5, loc. La Paciana, Foligno (I





TARALLI

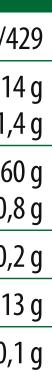
10% FIBER · Glycemic index 49

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 1802/4
Fat	1
of which: saturates	1,
Carbohydrate	6
of which: sugars	0,
Fiber	10,
Protein	1
Salt	0,

- 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 1485/3
Fat of which: saturates	3, 0
Carbohydrate	4
of which: sugars	2,
Fiber	
Protein	3
Salt	0,

- 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**



PROTEIN LINE





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 1485/3
Fat	3,
of which: saturates	0,
Carbohydrate	4
of which: sugars	2,
Fiber	
Protein	3
Salt	0,

- 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**



PROTEIN LINE





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**

Nutritional value per 100g	
Energy	kJ/kcal 994/2
Fat of which: saturates	3,9 0,7
Carbohydrate of which: sugars	32,4 2,7
Fiber	
Protein	15,2
Salt	1,



PROTEIN LINE



It / Jotto: before / Lot: VEGANOK Researces VEGANOK Second VEGANOK Second Second Second VEGANOK Second Sec impressi sulla confezione. I printed on the package. ione. Best before / Lot:

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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.

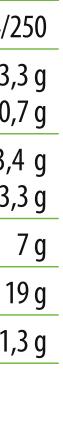
Nutritional value per 100g

Energy	kJ/kcal 1054/2
Fat	3,
of which: saturates	0,
Carbohydrate	33,
of which: sugars	3,
Fiber	
Protein	1
Salt	1,

- 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!

PROTEIN LINE









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], oligofructose, 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 1695/4
Fat	1
of which: saturates	7,
Carbohydrate	2
of which: sugars	7,
Fiber	2
Protein	3
Salt	0,0



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

PROTEIN LINE

GLUTEN FREE

/406 16 g 7,7 g 25 g 7,1 g 21 g 30 g ,05 g







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.

Nutritional value per 100	g
Energy	kJ/kcal 1500/3
Fat of which: saturates	1, 0,
Carbohydrate of which: sugars	5 1,
Fiber	1
Protein	2
Salt	1,

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

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

PROTEIN LINE



/355 ,9 g

),2 g 55 g

l,4 g

12 g

24 g

,0 g



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.

OUR HISTORY



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



