

PASTA SALAD BUILDER

1 CHOOSE A PASTA BASE



Tortiglioni Barilla



Farfalle Barilla



Penne Rigate Barilla



Fusilli Barilla

2 CHOOSE A PROTEIN



Animal

- Chicken breast
- Turkey
- Oily fish (tuna, salmon, sardines, anchovies)
- Shrimp

Plant - based

- Tofu
- Lentils
- Chickpeas
- Black beans



3 CHOOSE YOUR VEGETABLES



- Leafy greens (baby spinach, arugula)
- Cherry tomatoes
- Cucumber
- Bell pepper
- Sweet corn
- Red Onion



4 ADD HEALTHY FATS



- EVOO or other vegetable oils
- Nuts or seeds (almonds, pine nuts, chia, sesame)
- Cheese (parmesan, ricotta, pecorino)
- Avocado
- Olives



* (OPT) ADD A SIMPLE DRESSING



- EVOO + lemon
- EVOO + vinegar

If you already use EVOO or cheese, you may not need to add more.

EVOO: Extra Virgin Olive Oil

*These recipes are designed as general guidance and do not replace personalized advice from a registered dietitian/nutritionist. Maintaining a balanced diet and healthy lifestyle is key to overall well-being.

PASTA BUILDER - GLUTEN FREE

1 CHOOSE A PASTA BASE



2 CHOOSE A PROTEIN



- | Animal | Plant - based |
|--|--|
| <ul style="list-style-type: none">• Chicken breast• Turkey• Oily fish (tuna, salmon, sardines, anchovies)• Shrimp | <ul style="list-style-type: none">• Tofu• Lentils• Chickpeas• Black beans |



3 CHOOSE YOUR VEGETABLES



- | | |
|--|--|
| <ul style="list-style-type: none">• Broccoli• Cauliflower• Bell Pepper• Mushrooms• Zucchini• Carrot | <ul style="list-style-type: none">• Leafy greens (spinach, arugula)• Artichoke• Eggplant• Cooked tomatoes• Onion |
|--|--|



4 ADD HEALTHY FATS



- EVOO or other vegetable oils
- Nuts or seeds (almonds, pine nuts, chia, sesame)
- Cheese (parmesan, ricotta, pecorino)



* (OPT) ADD A SIMPLE DRESSING



- EVOO + lemon
- EVOO + vinegar

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PASTA BUILDER - WHOLE GRAIN

1 CHOOSE A PASTA BASE




Tortiglioni Barilla
Whole Grain


Farfalle Barilla
Whole Grain


Spaghetti Barilla
Whole Grain


Penne Rigate Barilla
Whole Grain


Fusilli Barilla
Whole Grain

2 CHOOSE A PROTEIN



Animal

- Chicken breast
- Turkey
- Oily fish (tuna, salmon, sardines, anchovies)
- Shrimp

Plant - based

- Tofu
- Lentils
- Chickpeas
- Black beans



3 CHOOSE YOUR VEGETABLES



- Broccoli
- Cauliflower
- Bell Pepper
- Mushrooms
- Zucchini
- Carrot
- Leafy greens (spinach, arugula)
- Artichoke
- Eggplant
- Cooked tomatoes
- Onion



4 ADD HEALTHY FATS



- EVOO or other vegetable oils
- Nuts or seeds (almonds, pine nuts, chia, sesame)
- Cheese (parmesan, ricotta, pecorino)



(OPT) ADD A SIMPLE DRESSING



- EVOO + lemon
- EVOO + vinegar

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PASTA BUILDER - PROTEIN+

1 CHOOSE A PASTA BASE



Penne Rigate
Protein+



Spaghetti
Protein+



Fusilli
Protein+

2 CHOOSE YOUR VEGETABLES



- Broccoli
- Cauliflower
- Bell Pepper
- Mushrooms
- Zucchini
- Carrot
- Leafy greens (spinach, arugula)
- Artichoke
- Eggplant
- Cooked tomatoes
- Onion



3 ADD HEALTHY FATS



- EVOO
- Nuts or seeds (almonds, pine nuts, chia, sesame)
- A small amount of cheese (parmesan, ricotta, pecorino)



* (OPT) ADD A SIMPLE DRESSING



- EVOO + lemon
- EVOO + vinegar

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WHO GUIDANCE FOR A HEALTHY DAILY DIET

This recipe is inspired by the **World Health Organization (WHO) healthy diet recommendations**, which refer to the overall daily diet.

Rather than fixed portion sizes, it reflects a balanced approach to eating, with **carbohydrates** such as pasta at the base of the dish, vegetables contributing fiber and micronutrients, a source of animal or plant-based **protein**, and small amounts of healthy **fats**.

Adjust ingredients and quantities based on **age, appetite, and energy needs**, while keeping this balance in mind.

Nutrient	WHO guidance
Carbohydrates	45-75% of total daily energy
•Fibre	• ≥25 g per day
•Sugars	• <10% of total daily energy
Protein	10-15% of total daily energy
Fat	15-30% of total daily energy
•Saturated fats	• <10% of total daily energy

INSTRUCTIONS

1) COOK THE PASTA FOR THE BASE



Bring water to a boil, add the salt, and cook the pasta for the time indicated on the package, stirring occasionally.

Use the ratio: 100g dry pasta/ 1 L water/ 7g salt (1 teaspoon)



Taste the pasta partway through cooking to determine if it's done.

Ideally, it should be "al dente":
tender on the outside but still slightly firm in the center



Drain and place in a bowl. This will be the base of the dish.

2) COOK THE PROTEIN

Choose your preferred protein and cook it separately.

- **Animal proteins**
 - **Chicken, turkey, shrimp:** cook in a pan with a little oil until fully cooked.
 - **Tuna, salmon, sardines:** preferred the fresh version. If cooking, cook just until done to keep it tender.
- **Plant-based protein** (tofu, lentils, chickpeas, beans): rinse and sauté briefly for extra flavor.

3) ADD VEGETABLES

Wash and prepare your vegetables.

- Use them raw for a fresh and crunchy texture, or sauté lightly for a warmer dish.
- **If cooking**, start with firmer vegetables and add softer ones at the end.



4) ADD HEALTHY FATS

Finish your dish with a source of healthy fats:

- Drizzle a spoon of the oil of your choice, or add nuts, seeds or a small amount of cheese

* ADD A DRESSING

Optionally, add a simple dressing for extra flavor:

- 1 tbsp EVOO + 2 tsp lemon juice
- 1 tbsp EVOO + 1 tsp vinegar
- 2 tbsp yogurt with chopped herbs and a pinch of salt

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References:

World Health Organization. (n.d.). Healthy diet. <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

EVOO: Extra Virgin Olive Oil
tbsp: tablespoon
tsp: teaspoon