

Puccini

MORE JOY MORE TO SHARE

maize pasta

Real Maize. Real Pasta. Tastes really good.

NEW



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN



The following are amazing benefits of our Puccini Maize Pasta

- >> CHOLESTEROL FREE FOOD
- >> TRANS FATTY ACIDS FREE FOOD
- >> HIGH IN CARBOHYDRATES FOOD
- >> HIGH IN ENERGY FOOD
- >> LOW IN FAT FOOD
- >> INTERMEDIATE GI (GI = 19 per serving / 120 g cooked. GI = 56 - 69)
- >> LOW IN SATURATED FAT FOOD
- >> VERY LOW SODIUM FOOD

Intermediate GI foods generally provide a moderately fast release of energy and are ideal for diabetic individuals after exercise lasting at least 1 hour or as a special treat.