

UN.A.F.P.A. Portion sizes

In order to provide an harmonized nutrition information to the consumers based on a per portion basis approach, the UNAFPA (Union of Organizations of Manufacturers of Pasta Products of the European Union) has reached an agreement for pasta portions across Europe on the following ranges:

uncooked pasta: 80-100g
cooked pasta: 180-220g

Rationale

There is a worldwide consensus among high-level nutrition scientists that carbohydrates are a key ingredient in the eating patterns.

Pasta is a carbohydrates based food which is generally eaten with other foods that serve as partners on the plate or in a bowl.

A pasta meal provides a wide range of nutrients and it is therefore considered a main meal. Worldwide, scientists and government agencies (see, amongst others, the EFSA Opinion adopted on 13 March 2009 in "The EFSA Journal" (2009) 1008, 1-14) recommend a reference intake of carbohydrates of around 55% for a 2000 kcal diet.

On the basis of a daily average standard diet of 2000 kcals, taking into account that the 35% of the daily intake (about 700 kcals) is provided by the lunch/dinner meal [as indicated by the LARN (Recommended Daily Intakes for Energy and Nutrients) of the "Società Italiana della Nutrizione Umana" (Italian Society of the Human Nutrition)], the 55% of which from carbohydrates, we achieve the above indicated 80/100g "typical" pasta portion which, as main dish and principal source of carbohydrates, covers (with a tomato dressing or other light dressings) around 400/450 kcals.

UN.A.F.P.A.

UN.A.F.P.A. represents the interests of the Associations of Pasta Manufacturers of the European Union.

Founded in 1960, today UNAFPA has 12 member Associations.

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