

# Can pasta contribute to a healthy diet?

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with international experts

Online Event  
17 Nov 2021



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## Does pasta have a place in a healthy diet?

Is "carbophobia" justifiable and is it influencing dietary habits.  
**Can pasta be consumed without guilt?**

Pasta is often conceived as an enemy of a healthy diet; a dangerous source of carbohydrates and gluten and a threat for your good shape. You might be convinced that eating pasta will inevitably take you on the route of weight gain and consistent tiredness.

If this is true, healthy diets should avoid pasta as a result of its energy and carbohydrates content.

**Is this perception justified by scientific evidence?**

**Dr Mariaan Wicks** (North-West University – South Africa) and **Dr Marina Carcea** (Council for Agricultural Research and Economics – Italy) will address this and other questions based on scientific evidence and facts!

Attending this webinar, you will learn much more about pasta and will learn if and how pasta can be part of a healthier diet.

## PROGRAMME



13:30 14:30

### Formal Opening

**H.E. Paolo Cuculi**

Ambassador of Italy to South Africa

**Prof Robert J. Balfour**

Deputy Vice-Chancellor: Teaching-Learning – North-West University

13:40 14:40

### Discussion

**Dr Mariaan Wicks**

Center of Excellence for Nutrition – School of Physiology, Nutrition and Consumer Sciences; North-West University – South Africa

**Dr Marina Carcea**

Research Centre for Food and Nutrition – Council for Agricultural Research and Economics, CREA – Italy

14:30 15:30

### Questions and Answers

## The truth about pasta

[Learn more](#)

