



A LITTLE BARLEY FOR NUTRACEUTICAL PASTA

Pasta is very rich in carbohydrates and poor in fibre, which is why excess consumption should be avoided, to the benefit of the heart.

Yet little barley flour is added to durum wheat flour, the resulting product is perfect for our health. This is entirely thanks to beta-glucan, a fibre beneficial for the heart, as discovered at the Scuola Superiore Sant'Anna in Pisa. Pasta made with added barley flour becomes a functional foodstuff that also helps reduce the risk of coronary artery disease.

Studies in mice have shown that regular intake of functional pasta helps stimulate, in healthy hearts, the growth of new collateral branches of coronary arteries. It does so by increasing the availability of two molecules: VEGF Vascular Growth Factor, which promotes the formation of new blood vessels, and the parchina, a protein that protects the coronary lumen cells against the effects of ischemia. Research findings also suggest that daily intake of barley beta-glucan pasta does not induce resistance to insulin, thereby counteracting the onset of diabetes.

[Source: Teatro Naturale for Sol&Agrifood]

Image's Link: <https://i.imgur.com/pYxdcXa.jpg>

Veronafiere Press Office

Tel.: + 39.045.829.82.42 – 82.85 | E-mail: pressoffice@veronafiere.it

Twitter: [@pressVRfiere](https://twitter.com/pressVRfiere) | Web: www.solagrifood.com