

HEALTH & WELLNESS IN EVERY BITE

At Wellth, we promise simple ingredients with clear benefits and a commitment to our consumers' health, wellness, and the environment.

Our premium pasta range guarantees the taste and texture of traditional pasta; what's more; it's packed in nutrients for all ages and phases of life.

Join us on our journey of responsible eating that's simply delicious and nutritious.



YELLOW PEA



SPINACH



BEETROOT



Wellth<u>pasta</u>

Yellow Pea: A powehouse of high protein, soluble fiber and antioxidants promoting stable blood sugars and satiety
Spinach: Superfood loaded with impressive nutrients, vitamins and minerals; lowering blood pressure
Beetroot: Vibrant, vitamin and fiber loaded, improving athletic performance and digestive health

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SPINACH ROTINI

Nutrition Fac

Serving size

Amount Per Serving

Calories

Trans Fat 0g

Cholesterol Omg

Sodium 25mg

Protein 12g

Vitamin D 0mcg

Potassium 580mg

Calcium 50mg

Iron 3,1mg

Saturated Fat 0g

Total Carbohydrate 35g

Includes 0g Added Sugars

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Dietary Fiber 4g

Total Sugars 1g

Total Fat 1,5g

Servings per container

| Facts | Nutrition | Fact |
|-------------------|--|----------------|
| 3/4 cup (56g/2oz) | Serving size Servings per container | 3/4 cup (56g/2 |
| 6 servings | Servings per container | 6 servi |

ount Per Serving

Saturated Fat 0g

Total Carbohydrate 36g

Includes 0g Added Suga

* The % Daily Value (DV) tells you how n serving of food contributes to a daily die day is used for general nutrition advice.

Dietary Fiber 5g

Total Sugars 2g

Trans Fat 0g

Cholesterol Omg

Sodium 20mg

Protein 12g

Iron 2mg

Vitamin D 0mcg

Potassium 470mg

Calcium 30mg

Calories

Total Fat 1,5g

200

6 Daily Value

2%

0%

0%

0%

13%

14%

0%

20%

0%

4%

15%

10%

YELLOW PEA ROTINI

BEETROOT ROTINI

| Facts | Nutrition Fa | acts |
|--|--|----------------|
| /4 cup (56g/2oz) | Serving size 3/4 cu | p (56g/2oz) |
| 6 servings | Servings per container | 6 servings |
| | Amount Per Serving | |
| 200 | Calories | 200 |
| % Daily Value* | | 6 Daily Value* |
| 2% | Total Fat 1,5g | 2% |
| 0% | Saturated Fat 0g | 0% |
| | Trans Fat 0g | |
| 0% | Cholesterol Omg | 0% |
| 0% | Sodium 25mg | 0% |
| 13% | Total Carbohydrate 35g | 13% |
| 18% | Dietary Fiber 4g | 14% |
| | Total Sugars 1g | |
| ars 0% | Includes 0g Added Sugars | 0% |
| 20% | Protein 12g | 20% |
| 0% | Vitamin D 0mcg | 0% |
| 2% | Calcium 50mg | 4% |
| 10% | Iron 3,1mg | 15% |
| 8% | Potassium 580mg | 10% |
| much a nutrient in a et. 2,000 calories a | *The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,00 day is used for general nutrition advice. | |















COOKING METHOD



Add to boiling water for 8 minutes



Strain Pasta



Serve warm with your favorite sauce!

www.wellth-foods.com



