

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

hello@wellth-foods.com www**.wellth-foods**.com Welltheods



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



