

# HELIOS<sup>®</sup>



## *Wholewheat Pasta*

Top Quality - 100% Durum Wheat

# HELIOS®

## WHOLEWHEAT PASTA

Our HELIOS high fibre wholewheat pasta is made from 100% whole durum wheat and is completely free of any additives or preservatives. This kind of pasta is a well balanced diet rich in vitamins (Thiamin, Riboflavin, Niacin, Pantothenic acid (B6), Tokoferoles (E), Calcium, Phosphorus, Iron, Zinc, Magnesium and Selenium).

The wholewheat pasta contains a greater quantity of proteins than the semolina pasta, because it also has the proteins of the floury layer. Finally it is a rich source of energy because it contains a large percentage of carbohydrates.

The wholewheat fibers do not break down with the stomach enzymes, neither are absorbed by the peptic system. As a result they reach the bowels intact, so they help in the bowel movements solving the common problem of constipation and help preventing cancer.

The wholewheat pasta has a rich and natural taste, which is giving us a healthy naturally flavored life. Combined with vegetables you can make tasty salads, discover their rich flavour and enjoy tempting dishes with fewer calories.

HELIOS WHOLEWHEAT PASTA comes in:

1. **Spaghetti No 6**
2. **Elbows**
3. **Twists**
4. **Shells**



**HELIOS PASTA INDUSTRY**

PANAGIOTIS SP. DAKOS S.A.  
PASTA AND FOOD PRODUCTS

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