



# NATIONAL PASTA ASSOCIATION

## DID YOU KNOW . . . .

### *Americans love pasta!*

- In a recent NPA consumer survey, 73% of respondents said they ate pasta at least once a week or more.
- People enjoy eating pasta because of its great taste, it's easy to make, and its affordability.
- The average American consumes approximately 20 lbs. of pasta annually. This makes it the 6th highest food per capita in the country.
- Americans typically consume more pasta at dinner than at lunch.
- The United States produces 4.4 billion pounds of pasta annually, making it the second largest pasta-producing nation in the world.

### *Pasta is good for you.*

- Recent research also shows that both adults and children who eat pasta have an overall healthier diet than those who don't eat pasta.
- Pasta is a wholesome, nutritious low-sodium food that can be included in a weight loss diet.
- Pasta is the perfect delivery system for healthy ingredients like leafy greens, lean meats, beans, or fish.

### *Pasta consumption increased during the pandemic.*

- Like so much in our day-to-day lives, the pandemic has changed pasta consumption and the trends seen around it.
- The vast majority of consumers are eating more pasta since the pandemic began (80%).
- Manufacturers have seen a sharp increase in demand in the retail sectors during the pandemic.
- Many have cited this increase due to Americans panic buying pantry staples and cooking at home more.
- Many consumers consider pasta a healthy comfort food they turn to in times of stress.

### *Pasta is an inexpensive and easy way to feed your family.*

- According to a National Pasta Association analysis, the average price an American pays for pasta is about \$1.45 per pound. This makes it one of the most affordable meal options on shelves!
- One cup of cooked pasta is considered one serving of pasta and contains less than 200 calories

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