

Dr. Ngyree

— SHARE A MEAL —

## Health|Wellness|Performance

Nourishing the Body and Soul: The Wellness Revolution through Pasta  
Let's Share a Meal



# **Nourishing the Body and Soul: The Wellness Revolution through Pasta, Let's Share a Meal**

**The Pasta Paradox: Wellness on a Plate**

**Pasta Power: A Nutrient Goldmine**

**Mindful Eating: Share a Meal, Share the Joy**

# Emotional Gratification and Pasta Consumption: A Neuroscientific Insight

Study by IULM University of Milan: Brain Lab

## Methodology:

- Brain tracking and neuroscientific techniques used (similar to lie detector methods)
- Analysis included:
  - Facial expressions
  - Brain activations related to emotions
  - Heart rate variations
  - Microsweating

## Participants:

- Sample of 40 individuals (20 women, 20 men) aged 25-55

## Key Findings:

- Pasta consumption compared to emotional responses during popular activities such as:
  - Listening to music
  - Watching the Olympics, football, or tennis.





# List of Happiest Songs Ever, Dr. Michael Bonshor Method, 137 BPM

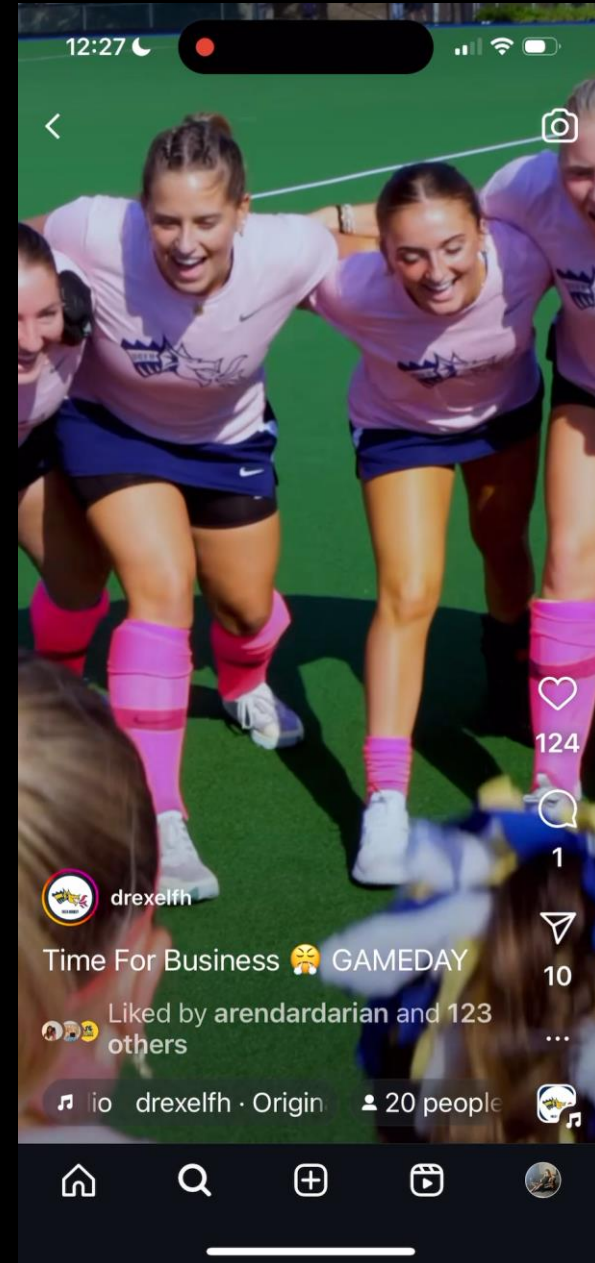


Photo cred: Juliet Perrachon



# Drexel University Field Hockey

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# NEUROSCIENCE: EATING PASTA MAKES YOU HAPPY

## Italian Research Proves the "Smile Effect"

- **Happiness from Pasta:**
  - Pasta consumption triggers emotions similar to:
    - Winning at the Olympics
    - Scoring a goal in a football match
    - A winning shot at Wimbledon
- **Nutritional Science:**
  - Pasta contains **tryptophan**:
  - Stimulates endorphins
  - Improves mood
- **New Discoveries:**
  - Neurophysiological and emotional mechanisms of pasta consumption

It emphasizes how deeply food, especially something as comforting as pasta, can resonate with our emotions and memories.

The fact that pasta scored so highly in all four: it’s not just a meal but an **EXPERIENCE** that **CONNECTS** us to **JOY** and **NOSTALGIA**, particularly in family settings.

Index	Pasta	Music	Sport
Memory Index	0.87	0.43	0.02
Engagement Index	0.28	0.20	0.03
Emotional Index	0.36	0.35	0.22
Happiness Index	76%	75%	54%



These results highlight how pasta evokes strong emotional and cognitive responses, confirming its deep association with happiness and comfort.

### Happiness Association:

76% of participants reported feeling "very happy" when eating pasta.

### Emotional Triggers:

Pasta consumption is strongly linked to **family time** (5.10) and **friendship** (5.07) on a Likert scale of 1 to 6.

40% of participants identify pasta as **comfort food**.

### Neuroscientific Findings:

**Memory Activation:** Pasta scores 0.87 on a scale of 0 to 1, twice as high as music (0.43) and much higher than sports (0.02).

**Emotional Engagement:** Pasta (0.28) leads, ahead of music (0.20) and sports (0.03).

**Happiness Index:** Pasta ranks high with 76%, equal to favorite songs (75%) and higher than sports (54%).





# The Pasta Paradox: Wellness on a Plate

Misconception that pasta is unhealthy

Balanced Diet

Pasta

- Rich in essential nutrients
- Fiber
- Low in fat.
- Carbohydrates: The Unsung Heroes of our Diet.

Carbohydrates provide sustainable energy for our daily activities

Composition

- Complex carbohydrate
- Slows digestion



<https://www.youtube.com/watch?v=u0J-THFw99c>

# Nutrient Density and Diet Quality:

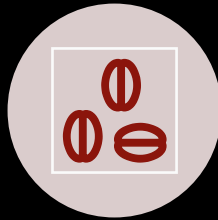
Studies have shown that pasta consumption is associated with higher nutrient intakes and better diet quality.

Pasta eaters tend to have better overall nutrient profiles, including higher intakes of essential nutrients like fiber, folate, and iron, which are often under-consumed in typical diets (Frontiers) (British Nutrition Foundation).

# Mediterranean Diet



Pasta is a staple of the Mediterranean diet, which is consistently linked with various health benefits, including reduced risks of cardiovascular disease and improved metabolic health



This diet emphasizes whole grains, vegetables, legumes, and healthy fats, with pasta often served in moderation and paired with nutrient-dense ingredients (British Nutrition Foundation)

# Cardiovascular Health

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A study published in *BMJ Nutrition, Prevention & Health* found that higher pasta consumption is associated with a lower risk of cardiovascular diseases (ASCVD) and stroke among postmenopausal women



Women who ate more than three servings of pasta per week had a reduced risk compared to those who consumed less than half a serving per week



This benefit was particularly noted when pasta replaced other starchy foods like fried potatoes or white bread, which could otherwise increase the risk of such diseases ([Verywell Health](#))



# Weight Management

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Research indicates that pasta consumption, particularly as part of a balanced diet, does not contribute to weight gain. In fact, some studies suggest that pasta can be part of a healthy diet that supports weight management, especially when it replaces higher glycemic index foods (Frontiers) (SpringerLink)



# Satiety and Reduced Hunger:

- Pasta's complex carbohydrates provide lasting energy and can help keep you feeling full longer.
- This can reduce overall calorie intake by decreasing the need for frequent snacking (Frontiers)

# Nutrient Synergy:

Combining pasta with other nutrient-rich foods like vegetables, lean proteins, and healthy fats can enhance the absorption of nutrients and provide a balanced meal that supports overall health (British Nutrition Foundation).

# Bone Health:

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Pasta made from fortified grains can be a good source of calcium and other minerals essential for bone health

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Adequate calcium intake is critical for maintaining bone density and preventing osteoporosis (British Nutrition Foundation)

# Mental Health:

A balanced diet that includes whole grains like pasta has been associated with better mental health outcomes, including reduced risks of depression and anxiety

The nutrients in pasta, combined with those in vegetables and lean proteins, contribute to overall brain health (British Nutrition Foundation)



# Digestive Health:

The fiber in whole grain pasta supports digestive health by promoting regular bowel movements and preventing constipation. Fiber also supports a healthy gut microbiome, which is essential for overall health (Frontiers) (SpringerLink)

# SHARE A MEAL

Together, let's champion the joys of sharing a meal, embracing the nutritional richness of pasta, and savoring the simple pleasures that bring both nourishment to our bodies and unity to our hearts.

Pasta, when consumed in moderation and as part of a balanced diet, can be a valuable addition to a healthy lifestyle.

The key is to pair it with other nutritious foods and be mindful of portion sizes.

Wellness



## With 30-day McDonald's diet, Drexel dietitian shares how to eat healthy at fast food restaurants

Boredom with the meal choices was her biggest challenge.



Drexel University dietitian Nyree Dardarian shows how you can eat healthy at McDonald by conducting a 30 day experiment, she is shown here at the Bryn Mawr McDonalds after having had lunch.  
JESSICA GRIFFIN

by Mari A. Schaefer

ADVERTISEMENT

### To prove a point, Drexel prof goes on monthlong McDonald's diet



By Alan Yu · August 27, 2018



Nutritionist Nyree Dardarian ate McDonald's food for three meals a day for a month. (Kimberly Paynter/WHYY)

Happy  
Meals

No  
Supersize

Go Ala  
Carte



#### Fries rating system

🍟 : needs help  
🍟 🍟 : it will do  
🍟 🍟 🍟 : tasty  
🍟 🍟 🍟 🍟 : I'm Lovin it

1401 Arch Street, Philadelphia 🍟  
West Chester Pk. Broomall 🍟 🍟 🍟  
Lancaster Ave, Rosemont 🍟 🍟 🍟  
Lancaster Avenue, Ardmore 🍟  
chestnut Hill 🍟 🍟 🍟 🍟  
Delaware Avenue, Philadelphia 🍟 🍟  
High Street, Pottstown 🍟 🍟  
Cottmann Ave, philadelphia 🍟  
Concordville, PA 🍟 🍟

Tilton Road, Northfield, NJ 🍟 🍟  
New Road, Somers Point, NJ 🍟 🍟 🍟  
Albany Avenue, Atlantic City, NJ 🍟  
Arkansas Ave, Atlantic City, NJ 🍟 🍟  
9th Avenue, Ocean City, NJ 🍟 🍟  
Voorhees, NJ 🍟 🍟

Warwick, RI 🍟 🍟  
Connecticut 🍟 🍟  
Rt 59, Nyak, NY 🍟 🍟 🍟



- **Community Hub:** McDonald's brings people together, acting as a space where relationships are built.
- **Comfort and Familiarity.** It's not just about the food; it's about the emotional connection people have with the brand, which transcends generations and cultures.
- **Symbol of Accessibility:** McDonald's is emblematic of accessibility. It offers affordable, convenient options that are available to everyone, regardless of background. This accessibility has allowed it to remain relevant, even as societal values around food have shifted.
- **Power of Ritual:** The daily rituals that people build around McDonald's—from grabbing coffee to sharing a meal—show how food can play a central role in people's routines and social lives. McDonald's has mastered creating a space where these rituals thrive.

# Cut it in Half

- Less is More
- Hari Hachi Bu







Eat like you live in  
the Mediterranean

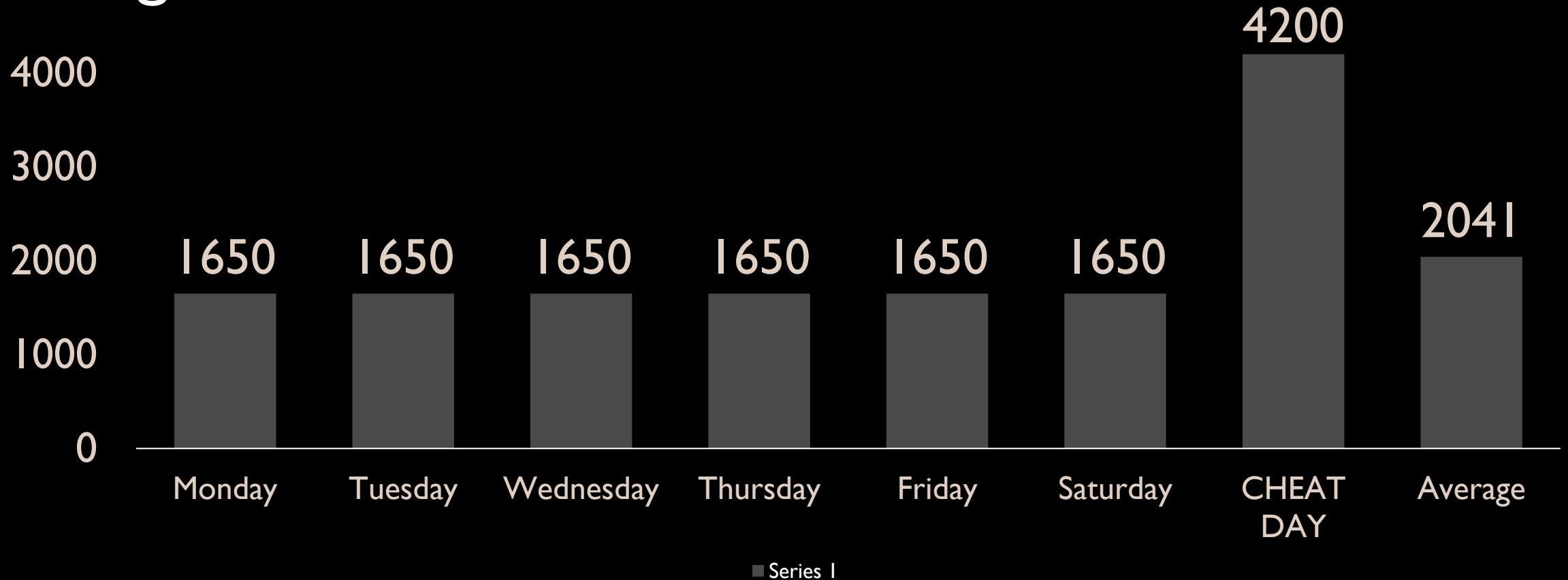


# **Mindful Eating: Share a Meal, Share the Joy**

- The communal aspect of sharing meals with loved ones has a positive impact on mental health
  - "Share a Meal" initiative, aligns with the values of the National Pasta Association
  - Families and friends to come together over a plate of nutritious pasta
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# The NO DIET approach

## Weekend Overeating Can Ruin Your DIET weight loss





“  
WHO DID YOU  
SHARE A MEAL  
WITH TODAY?  
THE OXYTOCIN  
IS RELEASED  
INCREASES  
BONDING &  
COOPERATION

#SHAREAMEAL



Dr. Nyree

— SHARE A MEAL —



[drexel.edu/cnbp/faculty/profiles/DardarianNyree/](https://drexel.edu/cnbp/faculty/profiles/DardarianNyree/) | @nyreedardarian

PHOTOGRAPHY BY PAUL KRAMER

MODERN LUXURY SPOTLIGHT

## INNOVATORS in AESTHETICS & BEAUTY

### DR. NYREE DARDARIAN

DREXEL UNIVERSITY & SHARE A MEAL  
REGISTERED DIETITIAN &  
BOARD-CERTIFIED SPORTS NUTRITIONIST

In a world where diets dictate our food relationships, Dr. Nyree Dardarian, a renowned Registered Dietitian and Board-Certified Sports Nutritionist, introduces Share a Meal. Share a Meal is a revolutionary concept that goes beyond dieting; it's a lifestyle that nurtures well-being and mental balance. Dr. Nyree encourages a mindset shift, integrating food into daily self-care, emphasizing the freedom to enjoy desired foods without restrictions. Her visionary approach promotes shared community experiences, encouraging small, meaningful meals that enhance connections and boost performance in athletic or artistic pursuits.

Share a Meal is a gateway to the Blue Zones, where reaching the age of 100 is achievable without rigid dieting. Dr. Nyree, an expert on Blue Zones, extends her mission to make a longer, healthier life accessible to everyone. Picture her journey to Ikaria, Greece, alongside a group of Drexel students, unraveling the secrets of the well-documented lifestyle. Dr. Nyree's expertise as Assistant Clinical Professor and Director at the Center for Nutrition & Performance at Drexel University goes beyond conventional boundaries. Her work with collegiate athletes, which includes a purposeful fueling station, exemplifies her commitment to holistic health encompassing physical and mental well-being.

Dr. Nyree's impact in professional sports is nothing short of profound, with associations from Major League Soccer (MLS), the 2020 Supporters Shield winners (Philadelphia Union) and Inter Miami CF, National Hockey League's (NHL) Philadelphia Flyers, US Squash, and USA Field Hockey. From the grandeur of the Olympics to the competitive arena of the Pan American Games, leveraging her doctorate in Global Sports Leadership, she crafts innovative solutions such as the Dragon Gel and CarbRx program, optimizing athlete nutrition for peak performance. Dive deeper into Dr. Nyree's philosophy by subscribing to her podcast, Share A Meal. Follow @nyreedardarian, to redefine your relationship with food and wellness. Join Dr. Nyree on this captivating journey—one shared meal at a time.

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