

Pasta makes you slim, say (Italian) scientists

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Studies tracking the diets of more than 23,000 people have found that those who eat greater quantities of pasta weigh less

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First it was butter and saturated fats. Now, as the great merry-go-round of nutritional blame turns another half-circle, a group of Italian scientists has exonerated pasta of any role in weight gain.

Two studies tracking the diets of more than 23,000 people around the country have found that those who eat greater quantities of pasta actually weigh less and have slimmer waists.

Independent experts said the findings were evidence that there was no cause to “demonise” carbohydrates amid a complicated debate over the government’s dietary advice.

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