

**Week Seven:****Nutrition Strategy: Add in Pasta & Become Grocery Store Savvy**

Pasta is made from wheat, so be sure to choose the whole wheat pasta or try using spaghetti squash or eggplant as a substitute. Spaghetti squash may be found in the produce section and, when cooked, looks just like spaghetti. It has a nutty flavor much like other types of squash. Go here [http://www.fabulousfoods.com/index.php?option=com\\_resource&controller=article&category\\_id=224&article=19943](http://www.fabulousfoods.com/index.php?option=com_resource&controller=article&category_id=224&article=19943) to get more information about how to cook spaghetti squash as well as to see what spaghetti squash looks like.

Go to the following AHA website to become more grocery store savvy -

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Heart-Smart-Shopping\\_UCM\\_001179\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Heart-Smart-Shopping_UCM_001179_SubHomePage.jsp).