

Better Than Pasta: 4 Simple Substitutes That Will Satisfy Those Carb Cravings

Pasta: One of our biggest cravings and the leading contributor for our weight gain in our society according to research. This is because it is made of processed white flour that is devoid of nutrients and spikes our blood sugar levels causing our body to gain fat.

Pasta has become a staple in our diet. It is quick and easy to make and you can feed a large amount of people with it.



Unfortunately, it is completely devoid of nutrients, extremely high in calories and also a leading contributor to a lot of diseases of lifestyle.

We have been born and raised on pasta. We crave it, we order it at restaurants, we can't get away from it. It is a death trap for dieting and can instantly sabotage any weight loss program.

Don't worry, Fat Loss Factor has come up with some easy substitutes for you. We have compiled a list of perfect alternatives that are healthy, nutrient packed, taste great and will satisfy your pasta craving.

1. Cut the portion size and double the vegetables

Cut the portion size of the pasta to 1.5 oz- 2.0 oz of noodles and then add a bunch of veggies to the sauce. Or, you can just use vegetables like broccoli and cauliflower. Steam for 20 min and then remove from steamer, season with garlic powder and oregano, and then chop roughly.

You can then top it with sautéed onions, mushrooms and red peppers. Finally, pour a healthy spaghetti sauce over the top, sprinkle with just a dash of parmesan cheese, and it's ready to eat.

If you'd like, add a lean source of protein such as chicken or wild salmon.

Try it a couple times. I say this because sometimes the 1st time your mind isn't really giving it the proper chance so you need to give it another chance.

2. Spaghetti Squash

Cut spaghetti squash in half lengthwise and remove the pulp in the middle.

Place open side up in baking dish, sprinkle with 2 tablespoons (25 mL) olive oil, 1 teaspoon (5 mL) garlic powder and 1 teaspoon (5 mL) oregano. Cover with aluminum foil and bake at 375F (190C) for 1-1/4 hours. Remove from the oven.

With a fork, loosen squash, leaving it in shell. The consistency of this squash should be stringy, like pasta. Top with your favorite healthy sauce, a dash of parmesan cheese and serve. You can actually serve this right in the shell.

3. Brown Rice Pasta, Whole grain pasta, buckwheat pasta and quinoa pasta
These pasta's are good alternatives, but make sure that you do not over eat as they are still high in calories. The benefits are that they have more fiber and do not spike your blood sugar like white pasta does. Some of them also have protein. Put these together and you have a healthy alternative to pasta.

4. Shirataki- Made from tofu and flour these power packed noodles are full of nutrition. A serving of Shirataki noodles is just 20 calories, has practically no fat (0.05 grams), 1 gram of protein, 3 grams of carbs and 2 grams of fiber. They are made from filtered water, tofu, yam flour and calcium hydroxide. What does that mean? It means that a large bowl of noodles won't "blow" your diet.

How does shirataki taste? Exceptionally well. Don't be judgmental just yet. Like other tofu products, Shirataki noodles take on the taste of the foods that you cook it with. You can prepare Shirataki Italian style with sauce, with stir fry, soup, or in casseroles, and it will blend with the flavors of the other ingredients.

The problem is that they are hard to find. Most health food stores are supposed to start carrying them because of their benefits. You can probably find them at asian markets or www.locarbu.com and www.amazon.com

Start adding these substitutes into your daily routine and break that pasta habit. Your body and your blood sugar hormones will thank you!

Michael Allen

Fitness Professional and Author of The Fat Loss Factor™

<http://www.fatlossfactor.com>