



Tuesday is **PRICE\$ DAY**

'Top-Up' Your Spaghetti

People sometimes think spaghetti is a high carb indulgence rather than a healthy meal option. However, it can definitely fit into a balanced diet. This is especially true if you top off your spaghetti with nutritious sauces, spices, or veggies, which can provide a range of important vitamins and minerals to help round out your diet. Here are a list of healthy toppings you can enjoy: Veggies, Broccoli, Mushrooms, Peas, Spinach, Tomatoes, Asparagus, Cheeses, Meats, Sauces and Herbs and Spices (Healthline).

Spaghetti is a price controlled good and retails as follows:

Item	Size	Price
Santa Sophia Spaghetti	400g	\$3.57
Marco Polo Spaghetti	400g	\$4.43
Grace Spaghetti	400g	\$4.95
Champion Spaghetti	400g	\$5.17
Anatina Spaghetti	453.5g	\$3.85
Goya Spaghetti	453.5g	\$7.58
Arbella Spaghetti	500g	\$3.30
Pasta Maria Spaghetti	500g	\$4.03
Granaria Spaghetti	500g	\$5.03

**For more information on price control goods contact
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