

Early to Rise Customer Support

[Portal](#) > [Knowledgebase](#) > [Chef Gui Eat More Burn More](#) > [Can you give some brand recommendations for 'whole grain' pastas that Chef recommends?](#)

Can you give some brand recommendations for 'whole grain' pastas that Chef recommends?

Honey - 2020-02-06 - in [Chef Gui Eat More Burn More](#)

Try to choose pasta that is Italian and uses "durum wheat" flour. It's usually listed in the ingredient list. My favorite (and easily accessible) brands are DeCecco and Barilla. But there are many others.