

RESISTANT STARCH

What is Resistant Starch?

Starch is a type of complex carbohydrate that is digested by the body and turned into glucose for the body to use immediately for energy. Resistant starch (RS) are starches that are “resistant” or unable to be digested by digestive enzymes in the small intestine. As a result, RS passes through the gut into the large intestine, ferments, and acts like a prebiotic. Your beneficial bacteria use it to provide fuel to make essential metabolites, including short-chain fatty acids (SCFAs).

Resistant starch is usually starchy food that has been cooked and cooled. The RS is created in the cooling process. Generally, if the food is reheated, the RS is converted back to digestible starch. Therefore, the starchy food needs to be cooked, cooled, and **eaten COLD**.

Integration of RS into the diet should be slow as too much may cause bloating or gas. RS needs vary per individual, but most research suggests aiming for an RS intake of 15-20 grams per day. Most high fiber foods like legumes, lentils, chickpeas contain approximately 15-20 grams in a ½ to ¾ cup serving. Legume pasta contains about 20 grams in one serving. Other foods high in resistant starch like potatoes and grains contain less RS per serving.

How Can I Add Resistant Starch to My Diet?

- Use Canned chickpeas and make your own hummus for sandwiches or a dip!
 - When purchasing store-bought hummus, make sure to check ingredients for preservatives and other artificial ingredients like food coloring, etc.
- Add canned beans (*black beans, kidney beans*)
 - Add to your leafy green salad.
 - Make a cold three-bean salad.
- Add lentils to a cold soup or salad.
 - Green lentils work best for cold lentils as they hold their shape better after cooking.
- Overnight oats (raw oats soaked in yogurt, milk, or non-dairy milk and refrigerated overnight and eaten cold in the morning)
- Cook and then cool the potatoes if you are not sensitive to solanine vegetables (nightshade).
 - Homemade potato salad
 - Puree cooked white potatoes to create a chilled garlic potato soup
- Cooked, then cooled rice or pasta.
 - Homemade pasta salad – can make a rice pasta salad, if gluten-free.
 - Order brown rice sushi.
 - Mix chilled brown rice with milk, raisins, and cinnamon in place of cold cereal for breakfast.
- Green bananas or Plantains (before they are ripened and yellow)
 - Make a smoothie with Green Banana flour. Purchase locally or online.
 - Slice and mix with yogurt and oats for breakfast.
- Raw Potato Starch Flour (used in supplement form) or sprinkled on your food. Do not heat or bake with raw potato starch flour.
 - Add to your yogurt, overnight oats, or smoothie.
- Hi-Maize (corn) Flour (used in supplement form) or sprinkled on your food. Do not heat or bake with Hi-maize flour.
 - Add to your yogurt, overnight oats, or smoothie.
 - You can purchase Hi-maize (corn) flour from King’s Author or Amazon.