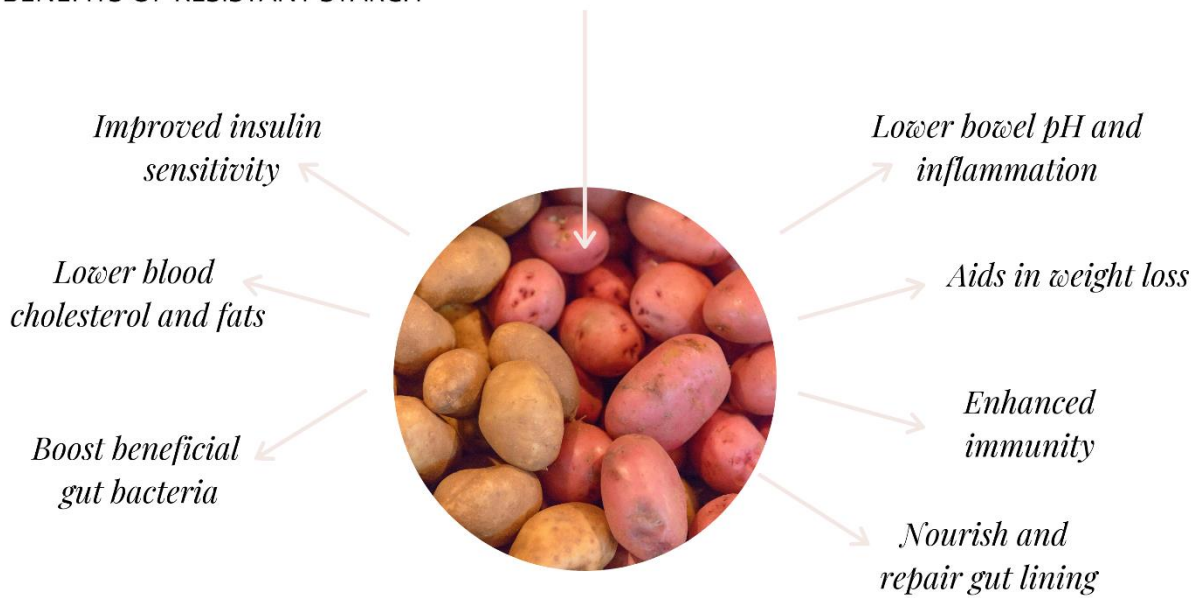


RESISTANT STARCH

WHAT IS IT?

- Starches are one of the main forms of dietary carbohydrates
- Resistant starch (RS) is a type of starch that's "resistant" to digestion—your body can't break it down
- This type of starch is similar to dietary fiber because it can't be fully digested, and acts like a prebiotic as good gut bacteria feed on RS, producing a short-chain fatty acid, butyrate, through a fermentation process
- Butyrate is one of the most important SCFAs for gut health. It provides a host of benefits including fuel for intestinal cells and assistance in maintaining integrity of the gut lining

BENEFITS OF RESISTANT STARCH



RESISTANT STARCH

HOW TO INCORPORATE IT?

- Meal prep a batch of rice at the beginning of the week. Cooling it will allow RS to develop, and reheating doesn't decrease the amount of RS
- Overnight oats: mix rolled oats with milk, yogurt, fruit and a healthy fat such as peanut butter and let soak, enjoy in the morning
- Blend green bananas or plantains into smoothies. If you can't use them before they ripen, freeze them
- Incorporate more beans & legumes into your meals

*Aim for gradual inclusion: Since it acts similarly to fiber in the body, you could experience minor gas and bloating if you eat higher levels of RS. Gradually incorporating sources, along with adequate hydration, may help to prevent GI distress

TOP 10 RESISTANT STARCH FOODS

