

# RESISTANT STARCH FOODS LIST

Resistant starch is a type of carbohydrate that acts like fiber. It resists digestion in the small intestine and travels to the large intestine (the colon) to feed the "good" bacteria in your gut. This categorizes it as a prebiotic.

## BENEFITS

It's said to have anti-diabetic effects, improve insulin responses, aid in weight loss, promote heart health and a healthier gut, help constipation and prevent multiple bowel diseases, plus more!

## TYPES

There are 5 types. The following points are noteworthy takeaways:

RS1 and RS2 lower after-meal blood sugar levels, and RS2 (when consumed regularly) improves after-meal insulin response and fasting glucose.

RS3 is a special type because it forms when the food is cooked and then cooled. This means the amount of resistant starch can be increased in foods like potato salad, pasta salad, etc. where the starch foods are cooked, cooled, and served cold. Reheating will revert some, not all, of the resistant starch back to regular starch.

RS4 is the only type not naturally found in food. It is manufactured and altered to resist digestion. RS4 is normally added to processed foods to increase fiber content.

## FOOD SOURCES

- Grains & grain products
- Rice
- Plantains & green bananas
- Green peas
- Potatoes
- Beans & lentils



bread, pasta, corn tortillas, rolled oats, barley, etc.

## MORE RS & MEAL IDEAS

- Chickpea & lentil pasta
- Soft blue corn & corn tortillas
- Pasta salad
- Potato salad
- Cold leftovers
- Add beans or whole grains to salads
- Brown rice
- Overnight oats
- Wheat sourdough or rye bread
- Sushi
- Whole grain cereal
- Bean or Corn salad
- Hummus

## HIGHEST FOOD SOURCES per 100 gram serving

- Uncooked oats 8g
- Lima beans 6g
- Plantains 5g

## EXPANDED FOOD LISTS WITH AMOUNTS

(1) [Table 8](#)

(2) [Chinese diet](#) - refer to 4th column for RS amounts