

RESISTANT STARCH

WHAT IS RESISTANT STARCH?

Resistant starch is a type of starch that is not digested in the stomach or small intestine, reaching the colon intact. Thus, it "resists" digestion. This explains why we do not see spikes in either blood glucose or insulin after eating RS, and why we do not obtain significant calories from RS.

HEALTH BENEFITS:

- Feed our gut bacteria & boost immunity.
- Promote colon health and assist in the prevention of colon cancer.
- Prevent diabetes and help with the treatment of diabetes.
- Promote weight loss.
- Lower cholesterol and triglyceride levels.
- Increase absorption of minerals, especially calcium.
- Aide in preventing Osteoporosis.
- Reduce incidence of gallstones.
- Increases antioxidant capacity of foods.
- Reduce symptoms of diarrhoea.
- Improve digestion & keep us regular.
- Help lower blood sugar levels.

HOW TO ADD RESISTANT STARCH TO YOUR DIET

- Add legumes to salads, stews or stir-fries. Soak legumes (lentils, black/pinto beans) in purified water with a pinch of baking soda for 24 hours or more, drain and cook in fresh water. Cool in fridge or freeze and reheat as required.
- Soak rice (any type) in purified water with 1 tsp of apple cider vinegar for 24 hours or more, drain and cook in fresh water. Cool in fridge or freeze and reheat as required.



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- Roast potatoes ahead of time and cool in fridge. Reheat and add to a meal or eat cold.
- Add green banana resistant starch or unmodified potato starch ($\frac{1}{4}$ tsp – 2 tbsp) to water, tea or smoothie.

TIP: To increase the nutritional value of legumes/rice, cook in home-made stock. See our handout section - gut health on how to make stock.

