

# Do You Do Resistant Starches

You probably heard of starches before. They are carbs found in potatoes, bananas, and many other plant sources such as wheat. Most of the carbohydrates in your diet are starches. But have you heard of resistant starches. These starches are resistant to digestion. It functions like the soluble fiber, which I mention a lot. Soluble fiber has many health benefits (Reduces your body's ability to absorb fat. Lowers cholesterol and blood sugar levels. May reduce heart disease risk. Increases healthy gut bacteria, which lower inflammation in the body and help you digest better). Many studies in humans show that resistant starch can have powerful health benefits like soluble fiber. We know that soluble fiber supplements can contribute to weight loss, primarily by increasing feelings of fullness and reducing appetite. Resistant starch appears to have the same effect. More importantly resistant starches, like soluble fiber, are fermentable fiber. It goes through your stomach and small intestine undigested, eventually reaching your colon where it feeds your friendly gut bacteria (this is one of its health keys). I always mention that friendly bacteria are one of the keys to good health. Resistant starches have a positive effect on the type of bacteria as well as their number. Not only that it potentially reduces inflammation it also leads to several beneficial changes that should lower your risk of colorectal cancer. Due to its therapeutic effects on the colon, resistant starch may aid various digestive disorders as well.

**HOW TO FIND THEM:** Depending on how foods are prepared the amount of resistant starch changes. For examples: Allowing a banana to ripen (turn yellow) will degrade the resistant starches and turn them into regular starches. The cooling turns some of the digestible starches into resistant starches via retrogradation. Where to get resistant starches: potatoes, rice, and pasta that have been cooked and then cooled, bananas that have been frozen, various legumes, cashews, and raw oats. You can also get it through supplements and potatoes starch. Raw potato starch contains about 8 grams of resistant starch per tablespoon and almost no usable carbohydrate. JUST GO EASY WHEN ADDING MORE SOLUBLE FIBER TO YOUR DIET ([source](#)).

DO YOU/CAN YOU  
DO THIS?

SHORT WELLNESS  
SELF-CHECKS

Not all resistant starches are the same. There are four forms of resistant starches. In some foods there can be multiple forms and different proportions of resistant starch.(Source).Type 1: Is found in grains, seeds and legumes and resists digestion because it's bound within the fibrous cell walls.

Type 2: Is found in some starchy foods, including raw potatoes and green (unripe) bananas.

Type 3: Is formed when certain starchy foods, including potatoes and rice, are cooked and then cooled. The cooling turns some of the digestible starches into resistant starches via retrogradation.

Type 4: Is man-made and formed via a chemical process.

Did you know: The bacteria in your intestine (the gut flora) outnumber the body's cells 10 to 1 — in that respect, you're only 10% human