



Factsheet

Add Natural Resistant Starch To A Healthy Eating Plan

Resistant starch, a naturally-occurring fiber, has been in our diets for thousands of years. A steady stream of published studies from around the world indicates natural resistant starch offers valuable health benefits related to weight control, glycemic and energy management, and digestive health. Now it is easier than ever to incorporate natural resistant starch into a healthy eating plan. Here's how:

1. Naturally-Occurring Sources

Resistant starch occurs naturally in certain foods such as:

- Unprocessed wholegrain cereals, such as oats, rye, wheat, barley, semolina wheat, corn
- Unprocessed seeds, such as flax and sesame.
- Legumes such as lentils, black beans, kidney beans and baked beans
- Bananas, especially under-ripe, slightly green bananas
- Cooked and cooled foods such as rice, pasta or potatoes in dishes like pasta salad and potato salad.

Examples of Naturally-Occurring Resistant Starch*

Food	Serving Size	Amount of Resistant Starch, (grams)
Navy beans	1/2 cup cooked	9.8
Banana, raw	1 medium, peeled	4.7
Cold potato	1 2" diameter	3.2
Lentils	1/2 cup cooked	2.5
Cold pasta	1 cup	1.9
Pearl barley	1/2 cup cooked	1.6
Oatmeal	1 cup cooked	0.7
Wholegrain bread	2 slices	0.5

*Amounts may vary

2. Commercial Food Products with Resistant Starch

As diets become more processed, with fewer raw fruits and vegetables and fewer unprocessed grains, the consumption of naturally-occurring resistant starch decreases. Therefore, the availability of foods with added resistant starch help consumers increase their intake. Selected products from national companies such as Sara Lee and regional companies such as Aunt Millie's and Ener-G Foods contain beneficial Hi-maize[®] resistant starch. Look for a Hi-maize logo on the package or "cornstarch" or "resistant cornstarch" on the ingredient label of high-fiber foods.

3. Add Resistant Starch to Home-Prepared Foods

People can easily add resistant starch when preparing foods at home by replacing 10-25% of the flour in favorite recipes such as muffins, breads and waffles. (Note to cooks: Resistant starch does not act as a thickener like flour.) Another easy way to boost fiber with resistant starch is to sprinkle it into casseroles and other dishes. Adding resistant starch to recipes will add anywhere from 3 to 6 grams of fiber per serving. Visit www.resistantstarch.com for delicious, easy-to-make recipes. While natural resistant starch is not yet widely available in supermarkets, **consumers can order 5-lb bags of Hi-maize** online at:

<http://www.store.honeyvillegrain.com>

Add More Resistant Starch with These Easy Substitutions

To increase intake of natural resistant starch, eat foods with naturally-occurring resistant starch and purchase and consume products with Hi-maize. Try these easy substitutions:

Instead of	Try
Chicken soup	Chicken & lentil soup
Hot pasta with sauce	Pasta salad
Turkey sandwich on white bread	Turkey sandwich on bread containing natural resistant starch (Hi-maize)
Rice Krispies [®]	Oatmeal
Breadsticks	Potato or rice salad
Potato chips	Slightly under-ripe banana

For more information, visit www.resistantstarch.com.