

Foods with High Natural RS Content

Food	Serving Size	Resistant Starch (g) ¹
Oatmeal	1 cup, cooked	0.5g
Barley, pearl	3/4 cup, cooked	2.8g
Pasta, cold (in salad)	1 cup	1.4g
Lentils	3/4 cup, cooked	5.0g
Potato, cold (in salad)	1, 2" diameter	1.0g
Navy beans	1/2 cup, cooked	3.8g
Banana, under ripe	1 medium, peeled	4.6g

1. Murphy M, ENVIRON International Corporation, Birkett A, Barndt R: Preliminary estimates of resistant starch intake in the United States. (Manuscript in preparation), 2006.