

Feeding your microbiome with **resistant starch**

Resistant starch is like nutrition for the probiotic bacteria in your colon. This type of starch resists digestion. What this means is that it travels through the gastrointestinal tract – the mouth, the esophagus, the stomach and the small intestine – without breaking down and becoming fuel for the cells throughout your system, like other foods do. Once resistant starch reaches the colon it is ready to do its job.

In the colon or large intestine, much resistant starch is converted to short-chain fatty acids, one of which is called butyrate. Butyrate not only helps the colon to rebuild, repair and replenish, but it helps to lower cancer risk and increase the population of good colon bacteria to ward off disease. Butyrate is like a superfood for your colon and resistant starch is how you deliver that superfood!

The benefits of consuming resistant starch include:

- the reduction of inflammation in the colon by helping to lower the colon pH
- supporting the repair of digestive dysfunctions including symptoms related to both IBS (irritable bowel syndrome) and IBD (irritable bowel diseases such as Crohn's and Ulcerative Colitis)
- the potential increase in the absorption of minerals
- improved insulin sensitivity for blood sugar management and control

Foods that contain resistant starch include:

- cooked and cooled potatoes (potato flour and/or starch)
- green bananas
- green plantains (and their flour)
- legumes such as lentils and chickpeas
- cashews
- raw oats

If you have gas or bloating, watch how you feel adding these foods that contain resistant starch. You may have to go slow and build your way up.