

## **The Benefits of Resistant Starch**

Resistant starch gets its name from how it ‘resists’ digestion in the small intestine as opposed to regular starch which is absorbed and metabolized quickly in the small intestine.

Resistant starch moves into the colon where it behaves like a form of fiber. Microorganisms in the colon use resistant starch to provide them with energy. They ferment resistant starch producing the chemical butyrate, a short-chain fatty acid, that keeps the gut healthy and functioning normally.

Butyrate serves as the preferred fuel for cells lining the gut, ensuring the integrity of the gut wall. Butyrate also helps digest food, train the immune system, make vitamins, reduces the risk of diabetes, and helps protect against cancer.

Everyday foods are low in resistant starch. The intake of resistant starch of 15 to 20 grams per day is recommended which is almost four times the amount found in traditional Western diets.

Resistant starch occurs naturally in legumes such as lentils, chickpeas, red kidney beans and baked beans. It is also present in nuts and some seeds, starchy vegetables, and firm “greenish” bananas.

A list of many food products that are considered resistant starches can be found at Reading Reference #14.