



Where can I find Hi-maize® resistant starch?

Hi-maize® resistant starch is now found in a growing number of food products, making it easier than ever to increase your intake to 15 to 20 grams a day. Hundreds of studies now show the health benefits of increasing resistant starch, including weight management, glycemic control and digestive health. To find food products containing Hi-maize, look for packages with a Hi-maize logo and search for "resistant corn starch" or "corn starch" on the ingredients lists. Stay tuned for more great tasting foods with Hi-maize at www.hi-maize.com.



Aunt Millie's Bakery

Good news for your whole family, which loves the great taste and convenience of bread, is that you can now enjoy it with added benefits. Aunt Millie's includes Hi-maize resistant starch in a wide range of bread. For instance, Healthy Goodness Potato Bread delivers a good source of dietary fiber (3 grams of fiber per serving) and a good source of calcium. In addition, Healthy Goodness Whole Grain White Bread delivers an excellent source of fiber (5 grams per serving) and a good source of Vitamin D and Calcium. Aunt Millie's breads are available in a wide variety of grocery stores in Indiana, Illinois, Kentucky, Michigan and Ohio.



Racconto Imported Italian Food

Everybody loves pasta. Racconto Essentials Glycemic Health pasta is an all-natural, nutrient-enhanced pasta that helps you live a healthier life without sacrificing any of the taste and enjoyment of authentic Italian pasta. Made with Hi-maize resistant starch, it provides an excellent source of dietary fiber (11 grams of fiber/serving), and 46 grams of whole grains/serving. It is available in select grocery stores around the country, including Hannaford, Safeway, Tom Thumb, Giant (Pennsylvania), Roundy's and Ralph's as well as online at <http://www.Racconto.com>.



Coborn's

Coborn's Fiber Rich White Bread and Cash Wise Fiber Rich White Bread look like regular white bread, feel like white bread and taste like white bread! It's different from regular white bread because it is made with Hi-maize resistant starch and is an excellent source of dietary fiber (5 grams/serving). It is the perfect bread for ALL your family's needs. Employee-owned Coborn's operates 39 Coborn's and Cash Wise stores in Minnesota, North Dakota and South Dakota as well as CobornsDelivers.com, with direct delivery in the Minneapolis/St. Paul region and St. Cloud, Minnesota.



Wegman's

Wegman's Super Pasta offers your family super nutrition with a unique blend of ingredients that provide Whole Grains, Protein, ALA Omega-3, Fiber, Calcium, and Vitamin D. Super Pasta also has an incredible taste that your family is sure to enjoy. It's the pasta that has it all! It is made with Hi-maize resistant starch and is available in 5 varieties: spaghetti, thin spaghetti, penne rigate, spirals and elbows. Family-owned Wegmans Food Markets, Inc. is a 76-store supermarket chain with stores in New York, Pennsylvania, New Jersey, Virginia and Maryland.



Ener-G Foods

Ener-G Foods is one of the country's foremost producers of foods for diet-restricted individuals and provides a wide range of ready-made foods and mixes that are wholesome, nutritious, risk free and good tasting. A variety of gluten-free, wheat-free and dairy-free Ener-G Foods containing Hi-maize resistant starch are available. They include Seattle Brown Loaf, Four Flour Loaf, Corn Loaf, Brown English Muffins with Flax, Seattle Hamburger Buns, Seattle Hotdog Buns, Bread Crumbs, Wylde Pretzels, Wylde Sesame Pretzels, Cinnamon Crackers, Chocolate Chip Snack Bars, Cinnamon Rolls, Plain Doughnuts, Plain Doughnut Holes and Chocolate Iced Doughnuts.



Food and Culinary Technology (FACT) Group

Nutrition First™ is a complete line of easy to use bake mixes designed with your better health in mind. Packed with benefits, including at least 20% of the recommended daily fiber intake per serving with each and every product, the entire line is ideally suited for anyone watching calories or looking to reduce simple carbohydrate intake and fat. And with Nutrition First™ you'll never sacrifice flavor by making a "better for you" choice, because all the products taste great and because they're made with Hi-maize resistant starch. FACT Foods Nutrition First bakery mixes are available in 5 varieties: Chocolate Chip Cookie Mix, All-Purpose Bake Mix, Pancake & Waffle Mix, Blueberry Muffin Mix and Brownie Mix.



Maninis™ Miracolo Pane™

This classic peasant bread mix is a delicious and nutritious, high fiber gluten free bread. Combining minimally processed grains with a significant amount of Hi-maize® resistant starch, Miracolo Pane contains 10 grams of dietary fiber in every serving. Hi-maize resistant starch has been shown to lower the glycemic (blood sugar) impact from bread and helps to maintain healthy blood sugar levels as part of a high fiber diet. Hi-maize resistant starch has also been shown to assist in weight control and digestive health. Miracolo Pane™ breads are crusted chewy loaves from the past, when breads were made by hand; when life was slower and simpler – these qualities have been revived in our breads. For additional information or to order online, visit www.maninis.com.



King Arthur Flour

Add more fiber to your baked goods without that high-fiber, dry/gritty texture. Use up to 1/4 Hi-maize resistant starch (item 4765) in place of an equal amount of flour in almost any recipe. Also available is Hi-maize high fiber flour, (item 3511) which contains the perfect amount of King Arthur All-Purpose Flour blended with Hi-maize resistant starch. Great for cookies, brownies, yeast breads, pancakes and more. Substitute 1:1 for all-purpose flour. Founded in Boston in 1790, King Arthur Flour is America's oldest flour company, known nationwide for the purity and consistency of its flours for the home and professional baker. Information, products, an online baking community, and over 1,500 free recipes are available at <http://www.kingarthurflour.com>, including these delicious Hi-maize recipes: Gluten-free Blueberry Muffins and Honey Wheat English Muffins.



Celiac Specialties

Celiac Specialties provides gluten-free baked goods made with Hi-maize resistant starch as well as certified gluten-free Hi-maize resistant starch for home use. Products are available online at www.celiacspecialtiesshop.com as well as in-store in Novi and Rochester, Michigan.



National Starch Food Innovation
10 Finderne Avenue, Bridgewater
New Jersey 08807-3300 U.S.A.
Directory Assistance
Tel: 1-866-961-NATL (6285)
Fax: 1-609-655-4402
Canada: 1-905-799-2009
Internet: www.foodinnovation.com

Hi-maize is a registered trademark of National Starch LLC.

The information described above is offered solely for your consideration, investigation, and independent verification. It is up to you to decide whether and how to use this information. Corn Products International, Inc. and its affiliates make no warranty about the accuracy or completeness of the information contained above or the suitability of any of its products for your specific intended use. Furthermore, all express or implied warranties of noninfringement, merchantability, or fitness for a particular purpose are hereby disclaimed. National Starch LLC and its affiliates assume no responsibility for any liability or damages arising out of or relating to any of the foregoing.