

# Double Resistant Starch Intake!

Hundreds of scientific studies show that including resistant starch in a healthy eating plan provides many health benefits including: weight management, glycemic control and digestive health. Research shows that Americans currently consume an average of about 5g of resistant starch per day.<sup>1</sup> Yet health experts recommend at least 15 to 20 grams of resistant starch per day.<sup>2</sup>

## Start by simply doubling the intake. Here's how:

1. Choose foods which contain resistant starch (see the chart below). A more extensive database is available.<sup>1</sup>
2. Select from a growing list of foods and products which use the ingredient Hi-maize<sup>®</sup> resistant starch, including several pastas (see Racconto below), breads and baking mixes. Find list of foods containing Hi-maize resistant starch: <http://www.hi-maize.com>
3. Add Hi-maize<sup>®</sup> resistant starch at home to smoothies, baked goods, oatmeal, casseroles and more.<sup>3</sup>

## Resistant Starch Content of Commonly Consumed Foods

Food	Serving/Amount	Resistant Starch (g/serving) <sup>1,4</sup>
Banana, slightly green	1 medium, peeled	4.7
Hi-maize <sup>®</sup> resistant starch <sup>3</sup>	1 Tbsp (approx 9.5 grams in weight) <sup>5</sup> (13 calories)	4.5
Oats, rolled	¼ cup, uncooked	4.4
Racconto Essentials Glycemic Health pasta (3 varieties) <sup>6</sup>	1 cup, cooked	4.3
White Beans	½ cup, prepared	3.7
Lentils	½ cup, cooked	3.4
Pizza	1 slice, ⅛ <sup>th</sup> of a 14" pizza (~100 g)	2.8
Yams	½ cup, cooked	2.5
Chickpeas	½ cup, prepared	2.0
Peas, green	½ cup, prepared	2.0
Barley, pearl	½ cup, cooked	1.9
Rice, brown	½ cup, cooked	1.6
Kidney Beans	½ cup, prepared	1.4
Pasta (cooked or cooled, white or whole wheat)	1 cup, cooked	1.2 (average)
Pumpernickel bread	1 slice	1.1
Rice, white	½ cup, cooked	1.1
Quinoa	½ cup, cooked	1.0
Corn Flakes	1 cup	0.9
Potato	½ cup, cooked/mashed	0.6-0.8
Oats, cooked	1 cup, cooked	0.5

1. Resistant starch amounts based on data from: Murphy M, Douglass JS, Birkett A. Resistant starch intake in the United States. *J Am Diet Assoc.* 2008;108: 67-78.

2. Baghurst PA, Baghurst KI, Record SJ. Dietary fibre, non-starch polysaccharides and resistant starch: a review. *Supplement to Food Australia* 1996;48(3):S3-S35.

3. Hi-maize resistant starch is available as an ingredient for home use: it can be substituted for up to one quarter of the flour in a wide variety of recipes. King Arthur Flour ([www.kingarthurfour.com](http://www.kingarthurfour.com)) sells Hi-maize resistant starch (#1587). King Arthur Flour also sells a product they call High Fiber Flour (#3511) which is a mixture of flour with Hi-maize. It can be substituted for 100% of the regular flour in recipes. These King Arthur Flour products are not guaranteed gluten-free. Celiac Specialties ([www.celiacspecialties.com](http://www.celiacspecialties.com)) sells Hi-maize resistant starch, guaranteed to be gluten-free.

4. Unpublished data, measured by the modified Englyst method performed by National Starch Food Innovation and Englyst Carbohydrates, South Hampton, England, 2010.

5. To obtain the weight of Hi-maize in a tablespoon 20 samples of Hi-maize were collected by scooping a tablespoon out of a container of Hi-maize resistant starch, leveling it with a spatula and weighing it. The average weight of the samples was 9.52 grams.

6. Find list of foods containing Hi-maize resistant starch: <http://www.hi-maize.com/HiMaize/USA/Consumers/Where+can+I+find+Hi-maize/>.

Hi-maize is a registered trademark of National Starch LLC



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