

# Eight Amazing Sources of Resistant Starch

Resistant starch is a type of starch that isn't fully broken down and absorbed, but rather turned into short-chain fatty acids by intestinal bacteria. When resistant starch is fermented in the large intestine, short chain fatty acids (SCFA) such as acetate, butyrate, and propionate, along with gases are produced and used by colonic bacteria for energy.



## Potato Starch

Potato starch is starch extracted from potatoes. Per 100 g of potato starch, there is a minimum of 66.7 g of resistant starch.



## Mungbean Starch

Mung bean starch, which is extracted from ground mung beans, contains 50.3 g of resistant starch per 100 g.



## Cassava Starch

Also known as tapioca flour, Cassava is a major staple food in the developing world. Cassava starch has 44.6 g of resistant starch per 100 g.



## Plantain Flour

Plantains, or green bananas, are a great source of fiber, carbohydrates, vitamins A, C, B<sub>6</sub>, potassium and contain 35 g of resistant starch in every 100 g.



## Lesser Yam

Lesser yam is a tropical plant that is slightly similar in size to a sweet potato and are quickly going to extinction. They contain 23.25 g of resistant starch per 100 g.



## Mung Bean, raw

The mung bean, a member of the legume family, is mainly cultivated in Pakistan, India, China, Korea, and Southeast Asia. It is used as an ingredient in both savory and sweet dishes and contains 22.9 g of resistant starch per 100 g.



## Potatoes, Roasted & Cooled

The potato is a starchy, tuberous crop that were introduced to Europe in the second half of the 16th century by the Spanish. Roasted potatoes contain 19.2 g of resistant starch in ever 100 g.



## Black Beans, raw

Popularly used in Latin American cuisines, black beans contain 18.3 g of resistant starch in every 100 g and are a great source of protein as well as folate.

Source: <https://freetheanimal.com/wp-content/uploads/2013/08/Resistant-Starch-in-Foods.pdf>



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