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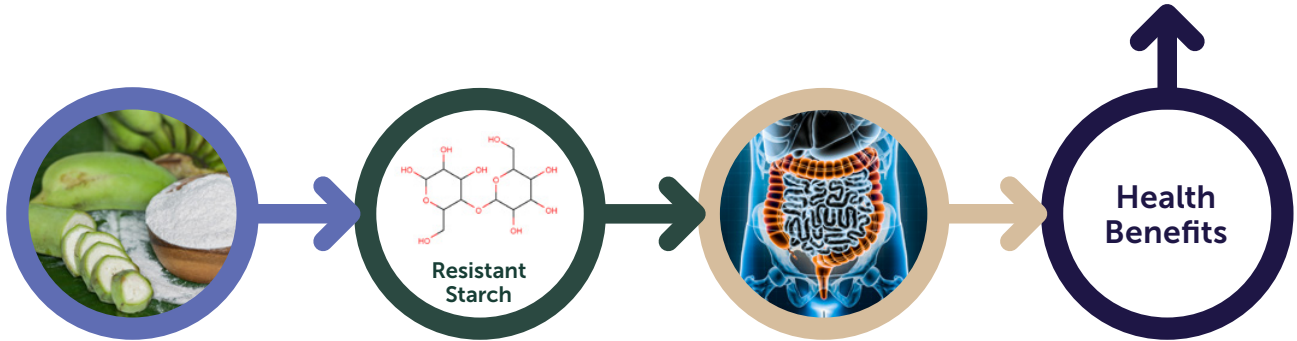
Resistant Starch

Support your gut health with a diet rich in resistant starch



Resistant starch

Resistant starch is a specific type of fibre that resists digestion in the small intestine. In the large intestine, the resistant starch ferments and provides fuel to gut bacteria that can produce substances known as short-chain fatty acids. This can result in various health benefits and better gut health.



Foods high in resistant starch

A great way to increase your resistant starch intake is through a diet rich in legumes, whole grains, and cooked and cooled starchy foods.

	Fruit + vegetables ($\frac{1}{2}$ cup unless otherwise stated)	Legumes ($\frac{1}{2}$ cup)	Grains ($\frac{1}{2}$ cup)
Very best	Semi-ripe banana, 1 large Green banana flour, 1 tbsp		
Best	Potato, cooked, chilled and then reheated	Baked beans, canned Kidney beans, canned Fava beans, canned Butter beans, canned	Rice, white, ready to heat Wholegrain barley groats, cooked
High	Potato, cooked then chilled Ripe banana, 1 large Peas, cooked	Chickpeas, canned Lentils, dehulled green/red, chilled Lentils, dehulled green/red, chilled and reheated	Rice, white, long grain, cooked then chilled
Moderate	Potato, cooked Peas, canned Sweet corn, cooked	Kidney beans, cooked Mixed beans, canned Pinto refried bean, canned Lentils, dehulled green/ red, cooked	Muesli Corn cereal, flakes Rice, white, long grain, cooked

Tips for incorporating resistant starch foods into your diet

- Add semi-ripe bananas to your smoothies or choose green banana flour to make pancakes.
- Serve your main meals with a side of white rice.
- Upgrade your salads by adding in cooked and cooled potato, canned chickpeas or fava beans, or cooked barley groats.

Increasing fibre intake:

1. Gradually increase fibre intake to allow the digestive system to adjust.
2. Stay well-hydrated as consuming more fibre without sufficient water may cause gastrointestinal blockage.
3. Expect some mild symptoms such as gas and bloating as a sign your gut microbiome is adjusting to the increased fibre intake. It is not necessarily a sign of intolerance.
4. If you get gut symptoms, slightly reduce your fibre intake for a few days before slowly increasing as tolerated.

Recipe ideas

Potato and bean salad (serves 6)

Ingredients:

- 1kg chat potatoes, skin on, washed, halved
- 400g butter beans or mixed beans, canned, drained
- $\frac{3}{4}$ cup Greek yoghurt
- 1 tablespoon wholegrain mustard
- $\frac{1}{2}$ tablespoon Dijon mustard
- 1 small red onion, thinly sliced
- 2 tablespoons dill, roughly chopped
- 3 stalks celery, chopped
- 1 cup peas, cooked (or frozen peas, thawed)
- 2 spring onions, thinly sliced
- Salt and pepper for seasoning

Method:

- Bring a large pot of water to the boil. Add potatoes and cook until tender, approximately 15 minutes, drain. Set aside to cool in a large salad bowl.
- In a small bowl combine Greek yoghurt, wholegrain mustard, Dijon mustard and dill. Stir well to combine.
- Add beans, peas, red onion, celery, spring onion and dressing to the potatoes and stir gently to combine.
- Refrigerate for at least an hour before serving.
- Season with salt and pepper to taste.



Green banana flour pancakes (serves 2)

Ingredients:

- 1 cup green banana flour
- 2 tsp baking powder
- 1 tbsp honey (adjust for sweetness)
- ½ tsp cinnamon, ground
- ¼ tsp salt
- 2 large eggs
- 1 tsp vanilla extract
- ½ cup milk (dairy or non-dairy)
- 1-2 tbsp oil, for cooking
- Optional - honey, fruit, ricotta cheese, nuts for topping

Method:

- In a bowl, whisk together green banana flour, baking powder, cinnamon and salt
- Add eggs, vanilla extract, honey, and milk
- Mix well until a runny consistency
- Heat a pan over medium heat, and add 1-2 tbsp of oil to the pan
- Once the pan is hot, add batter onto the surface, and cook for 1-2 minutes and flip for the same period
- Add optional toppings, e.g. fresh berries, ricotta cheese, pecans and a drizzle of honey



Consuming resistant starch rich foods may promote a healthy gut microbiome and help support digestive and gastrointestinal health.