



BLOG CHEAT SHEETS

Resistant Starch: What It Is, Why It Matters, and 4 Simple Ways to Get More

Resistant Starch May Be Worth Focusing On If You:

- Want to support gut health
- Want meals that keep you full longer
- Are looking to improve blood sugar control
- Meal prep regularly or enjoy leftovers

What Does the Research Say?

Research suggests resistant starch may support gut health, increase fullness, and improve blood sugar responses in some people. The biggest benefits come from eating a variety of whole plant foods regularly.

How Can I Eat More?

- Eat potatoes, oats, rice, beans, lentils, and slightly green bananas.
- Cook and cool potatoes, rice, or pasta when convenient, then enjoy cold or reheated. Make food prep with these foods a regular practice!
- Aim for fibre-rich foods most days.

What Should I Buy?

- Potatoes
- Rolled oats
- Rice
- Beans or lentils
- Slightly green bananas
- Frozen vegetables

Heather's Experience

Heather focuses on eating balanced meals with fibre-rich carbohydrates rather than chasing resistant starch. This simple approach makes healthy eating easier and more sustainable.

Consistently eating a variety of whole food starch sources (potatoes, rice, legumes, green bananas) is what matters most.