# 1 Starch that Helps You to Lose Weight?

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## What is Resistant Starch?

Some people who are trying to shed off unwanted pounds steer clear of foods rich in carbohydrates. They refuse to touch anything with starch as it's thought to be one of the culprits behind their increasing waistline.

However, you may be relieved to know not all starches are bad for you. In fact, there's a particular type that can help you lose weight. It's called resistant starch or RS, and it can be found in many food sources, in particular, those that are starchy.

Our body digests starch at different speed. Some starch are digested faster, while other starch take longer time to digest.

Normal starch are usually broken down into glucose and are absorbed in the small intestines to supply the body with the energy it needs. But RS is a type of starch that is able to pass through the small intestines without undergoing digestion.

In fact, RS is similar to dietary fiber which enters and leaves the body mostly undigested. There are nutritionists who even suggest to classify RS under dietary fiber because of how it acts along the digestive tract.

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# RS Can Be Classified Into Four Types

There are different types of RS, four to be exact: RS1, RS2, RS3 and RS4. This categorization is based on the types of food that RS is naturally found in.

**RS1** cannot be digested by the body because the starch content isn't accessible. It can be due to a hard outer covering the exterior, such as in the case of legumes and seeds like flax and sesame.

**RS2** includes green bananas, raw potatoes, plantains and corn high in amylose.

**RS3** is formed when foods that naturally contain starch are cooked and allowed to cool and gelatinize, in a process called retrogradation. They contain a high amount of retrograded high amylose corn, and are found in bread and cereal.

Being chemically modified starches that resist digestion, **RS4** doesn't occur naturally in foods. As of now, there's one commercially available product that falls in the RS4 category, and it's called Hi-maize.

You might think that in order to be healthier or slimmer, you have to load up on RS. However, there are some types of RS you should never eat.

RS which have been refined so they're stripped of their nutritive content. What's left is just a load of starch that can spike sugar levels and ultimately contribute to weight gain.

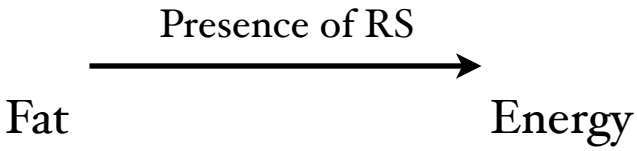
So although white bread, white rice and refined pasta are all types of resistant starch, it's not a good idea to go for these because all the bad in them outweigh whatever good they may contain.

# How RS Can Make You Lose Weight

There are different ways through which resistant starch can let you turn your dream figure into a reality. The most obvious of all is it makes you feel fuller quickly and for a long time. Some examples that you will find familiar are oats, wheat, beans, rice and potatoes.

RS may also help in lessening hunger, according to a journal entitled Obesity. Published in June 2006, it states that the fermentation of RS in the large intestines causes an increase of certain hormones (GLP-1 and PYY) that can keep hunger at bay.

While RS contain calories, they are not fully absorbed by the body because they're not digested by the small intestines. Furthermore, it seems like the order in which the body uses carbohydrates and fat for energy is reversed. Usually, given carbohydrates and fats in the body, carbohydrates are used first. But with the presence or RS, fat is straightaway converted into energy, preventing its storage.




A journal called Nutrition and Metabolism published a particular study in October 2004 which has something to do with the incorporation of RS into the diet.

According to the study, replacing 5.4% of your everyday meal's carbohydrate content can be beneficial. It was revealed that the oxidation of fat to be used as energy increased by 23% with the presence of RS in the diet. This is why the inclusion of resistant starch in the diet can help in effectively reducing your weight.

Interestingly, it's been also revealed that adding more than 5.4% of RS in your daily diet wouldn't make it as effective in the oxidation of fat. It only means that consuming lots of food rich in resistance starch won't yield impressive results as when taking it within the recommended amount. So for instance, someone who needs 2000 calories a day should consume about 13 grams of RS on a daily basis.

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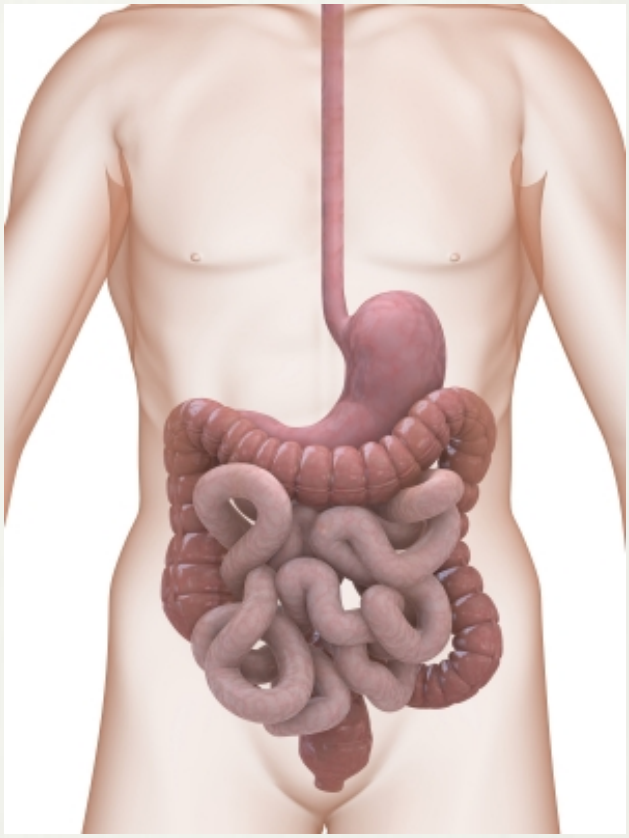
# Taking Advantage Of Resistance Starch To Slim Down

For people who wish to get rid of unwanted pounds, normal starch seems to deter the attainment of their fitness goals. On the other hand, based on what it's capable of doing, RS sounds like good news to them.

By making it part of their everyday diet, losing unwanted weight can be attained more efficiently, as suggested by a research done by the Center for Human Nutrition at the University of Colorado. And the revelations were even backed up by the World Health Organization. So the bottom line is not all starches are bad for your figure after all.

## Knowing The Difference Between RS And Normal Starch

RS is capable of evading digestion in the small intestines. Reasons behind this are all tackled earlier, based on the classifications of the resistant type of starch.



When RS gets to the large intestines, not all of the caloric contents are absorbed as they're often eliminated before the process has been completed.

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In effect, RS acts in the same manner as fiber. On the other hand, normal starch gets digested in the small intestines, so all the caloric content are assimilated by the body. Also, they don't provide the fiber-like benefits that RS can offer.

## Choose Your Food Carefully

The key is to read food labels. Not all starches are created equally and you want to be wary of what you put in your mouth.

For instance, you surely don't want to load up on things like corn syrup, cakes, brownies, muffins, biscuits, pies, tortillas, to name a few. Especially if you have a health condition, trying to lose weight or you just want to make smarter food choices, these items containing normal starch can be your foe.

Therefore, the wise thing to do is to select RS from the RS1 and RS2 category.

# The Impact Of RS On The Body's Alkalinity

There's no denying the benefits an alkaline diet contributes to the health. It's also something employed by many people in effectively managing their weight.

Too much acidity is linked to potential chronic health problems as the body has to balance the blood's pH by taking minerals and nutrients from other parts of the body. Hence, certain alkalizing foods which contain RS should be consumed more than acidic starchy foods.

Even though it contains RS, anything that's processed can promote an acidic environment within you, such as white bread, white rice and refined pasta.

However, most other RS alkalizing foods tend to help in neutralizing excess acid to normalize the pH level of the body and help reverse or prevent health issues commonly linked to acidity. Examples of alkalizing foods with RS are legumes, flax seeds, potatoes and even green bananas.


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# Resistance Starch Offers Many Other Health Benefits

Aside from taking advantage of RS to help you lose weight, the other health benefits it offers should prompt you to include foods rich in RS into your everyday diet.

As mentioned earlier, resistance starch acts in the same manner as dietary fiber along the digestive tract. It helps in promoting regular bowel movement and eases constipation. Dietary fiber is known to help in reducing bad cholesterol levels, and RS can also contribute the same wonderful benefit to the circulatory system.

The health of cells lining the large intestines may be maintained, and thus helping in the prevention of colon cancer. RS is also known to help regulate blood sugar level. Because of this, the individual tends to have sufficient energy to carry out everyday activities. A stable blood sugar level also helps ward off hunger pangs that can wreak havoc to your fitness goal.

## Can't Wait To Give Alkaline Diet a Go?

"Resistant Starch is not the only component you should include in your diet to help you lose weight and stay healthy and energetic. In the Acid Alkaline Balance Diet, I'll be sharing with you natural and healthy tips to alkalize your body and stay in shape, for a happier and healthier you!

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Warmest Regards,

*Emma Deangela*

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