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I recently read Dr. Hyman's Eat Fat, Get Thin plan, which recommends consuming potato starch as part of the diet. I was surprised to see this recommendation given that refined carbs are often discouraged. However, I understand the confusion behind including resistant starch in the diet. This type of starch is not fully digested in the small intestine but rather fermented by gut bacteria into beneficial compounds. Resistant starch acts as a prebiotic, feeding the good bugs in the gut and promoting balanced blood sugar levels. In fact, research links an imbalance in gut flora to various health issues, including obesity, diabetes, and even autism. By giving your gut bugs resistant starch, you're essentially providing them with "super-fertilizer" to flourish and crowd out harmful bacteria. This process not only heals the gut but also boosts metabolism, reduces inflammation, and promotes weight loss. As the good bacteria multiply, they produce short-chain fatty acids like butyrate, which can prevent cancer and improve nutrient absorption. Conversely, an overgrowth of bad bugs and yeast can lead to inflammation, insulin resistance, and weight gain. By consuming resistant starch, you're taking a step towards healing your gut and improving overall health. Adding resistant starch to your diet has numerous benefits, including improved insulin sensitivity, reduced blood sugar after meals, and even reversing diabesity. A study found that consuming 15-30 grams (about two to four tablespoons) of potato starch daily improves insulin sensitivity and fat loss in obese men. This can also lead to cardiovascular benefits by optimizing triglyceride and cholesterol levels while decreasing fat mass. Resistant starch promotes overall health, weight loss, and even better sleep quality by changing your gut bacteria. If you're on a higher-fat, low-carbohydrate diet like my Eat Fat, Get Thin plan, I recommend adding potato starch due to its well-tolerated nature. However, it's essential to use unmodified potato starch instead of potato flour. To incorporate resistant starch into your diet, try these four easy methods: * Mix it with water or almond milk * Add it to smoothies or full-fat coconut milk yogurt * Enjoy prebiotic-rich foods like bananas, Jerusalem artichokes, onions, garlic, and leeks daily * Cook and cool starches to decrease insulin spikes and feed good bacteria Maintain a balanced diet with nutrient-dense, fiber-rich foods like broccoli, eggplant, zucchini, green beans, and asparagus for optimal gut health. When introducing resistant starch into your diet, be aware that it may cause gas and bloating due to the die-off effect, but this will lessen once your system adjusts. If you still experience discomfort after taking resistant starch, consider consulting a Functional Medicine doctor, especially if you suspect small intestinal bacterial overgrowth (SIBO) or yeast overgrowth. I've included resistant starch in my new 21-day plan, which can be found along with more information on its benefits and how it can help you become lean and healthy. Get Thin, Now! I'm eager to hear from you. If you've followed any of my plans or other resistant starch-based diets, have you noticed the benefits I mentioned earlier? Share your thoughts below or on my Facebook page. And keep those great questions coming - next week's house call might be yours! Potato starch is a type of carbohydrate extracted from potatoes that can be used in food production and cooking. It can also be taken as a dietary supplement, offering potential health benefits like improved digestive health and better blood sugar management. Resistant starch naturally occurs in some foods, such as raw potatoes, legumes, and grains. Raw potato starch contains a significant amount of resistant starch - around 60%, according to research. This type of starch resists digestion in the small intestine, passing through to the large intestine where it's fermented by bacteria. This process releases beneficial compounds called short-chain fatty acids (SCFAs) that strengthen the gut lining, support mucus production, regulate inflammation, and affect immune function, appetite, and other essential processes. Consuming potato starch may improve gut health by increasing SCFA production. Some research suggests that potato starch might be more effective for increasing SCFA production than other types of carbohydrates. Studies have shown that daily supplementation with 28-34 grams of resistant starch from potatoes is the most effective in increasing fecal SCFA concentrations, compared to resistant starch from corn and inulin derived from chicory root. Eating a serving of cold potato salad daily (containing 2.0–2.9 grams of resistant starch) has been found to increase the abundance of butyrate-producing gut bacteria, compared to an equal caloric intake of couscous (low in resistant starch). While fecal concentrations of SCFAs remained unchanged, these results suggest that eating resistant starch-rich foods may increase levels of beneficial bacteria in the gut. Raw potato starch and supplements are higher in resistant starch than cooked potatoes. However, cooking and chilling potatoes increases levels of resistant starch, making cooked, cooled potatoes a good choice for gut health. Some research also suggests that potato starch supplements may improve diarrhea and constipation symptoms and increase levels of beneficial probiotic bacteria, such as Bifidobacterium, in healthy adults. More research is needed to confirm these potential benefits. Potato starch may reduce blood sugar levels and improve the response of insulin, a hormone that transports glucose into cells for energy. Resistant starch can help slow the rise in blood sugar levels, potentially making it an effective dietary choice for managing blood sugar levels. Resistant Starch Benefits for High Blood Sugar Levels and Weight Management Consuming baked then chilled potatoes can significantly reduce post-meal blood sugar and insulin levels in individuals with high blood sugar levels, such as those with type 2 diabetes or at risk for developing the condition. Studies have shown that potato starch, a component of these potatoes, may improve insulin response and sensitivity. The addition of resistant starch from potato to nutrition bars has also been found to reduce post-meal blood sugar and insulin levels in some studies. However, more research is needed to fully understand its benefits. Resistant starch may support weight loss and body weight maintenance by increasing feelings of fullness after meals and improving insulin resistance. Some human studies and animal studies have shown that potato starch can be effective for reducing appetite and supporting weight loss, but the evidence is conflicting. Potato starch is a carbohydrate source with no nutritional value besides carbohydrates. It contains trace amounts of minerals such as calcium and potassium but should not make up a large portion of your calorie intake. Its primary use is to thicken foods like gravies and soups in cooking and food production, or as a dietary supplement to improve gut health. Consuming potato starch in small amounts is generally safe and does not trigger significant side effects. However, larger portions may cause digestive symptoms such as gas, bloating, and abdominal pain due to the fermentation of starch in the large intestine. Potato starch is a thickening agent commonly used in cooking and food production, derived from potatoes. When exposed to water, its granules swell and break apart, making it effective as a thickener in soups, stews, gravies, breads, casseroles, cookies, and puddings. It can also be dissolved in cold water to create a slurry for sauces and gravies. This ingredient is gluten-free, making it suitable for those with celiac disease or gluten intolerance. As a dietary supplement, potato starch is available in powder and capsule form, often combined with other ingredients to support gut and metabolic health. However, it's essential to consult a healthcare provider before using it as a supplement due to its high concentration of resistant starch, which may help regulate blood sugar and aid in weight management.

Starch from potato. Eating potato starch. Why is potato starch bad for you. What do potatoes use starch for.