

# Resistant Starch Foods List

Here's your quick-reference cheat sheet for the best resistant starch foods to add to your diet. Use this list when shopping or meal prepping!

## Fruits & Vegetables

- Green (unripe) bananas
- Plantains (less ripe)
- Cooked & cooled potatoes
- Cooked & cooled sweet potatoes
- Yams (cooled)

## Grains & Seeds

- Oats (overnight oats, raw, or cooked & cooled)
- Barley
- Whole grains (brown rice, cooled)
- Flax seeds
- Chia seeds

## Legumes

- Lentils
- Chickpeas
- Black beans
- Navy beans
- Kidney beans

■ Pro Tip: Cooking and cooling foods like potatoes, rice, and oats increases their resistant starch content!