

Appendix D

Resistant Starches

- Peas*
- Corn*
- Lima Beans*
- Potatoes* and Yams
- Lentils & Beans*
 - Pinto
 - Kidney
 - Black-Eyed
 - Split Pea
 - Grains
 - Oats
 - Barley
- Rice, Basmati
- Pasta*
- White Bread
- Whole Grains*
- Bananas
- Cereal
- Carrots
- Millet
- Sorghum

* High in lectins