

Resistant Starch: The Unsung Hero of Dietary Fiber

Traditionally, total dietary fiber has been broadly classified as insoluble and soluble fiber based on the AOAC Official Methods of Analysis.

1 Insoluble Fiber



Wheat Bran

Is non-fermentable, or poorly fermented 'roughage' that helps improve stool formation, laxation and blood glucose control.¹

2 Soluble Fiber



Chicory Root

Is highly fermentable and readily utilized by the gut microbiome supporting the growth of beneficial bacteria and improved glycemic response.¹

While most constituents of fibers would fit into either of these categories, **resistant starch is unique in that it acts like both.**

It's a starch that arrives in the large intestines intact like **insoluble fiber**, but is completely fermentable like **soluble fiber** demonstrating the benefits of both types of fiber.

1 + 2

Total Dietary Fiber

Insoluble, Non-Fermentable Fiber

Resistant Starch: Insoluble, Fermentable Fiber

Soluble, Fermentable Fiber

Since the AOAC Methods of Analysis have been adopted as the *de facto* operational definition of dietary fiber, they are the gold standards for nutritional labeling purposes even though it **doesn't always highlight some of the more unique types of dietary fiber**, like resistant starch.²

Given its ambilateral physiological effects and prebiotic support for the microbiome, here's why resistant starch deserves special consideration:



Australians eat the most fiber out of any other western country, and although only slightly below the fiber target, still suffer from **diseases affiliated with low fiber intake.**³



The typical western diet provides **only 20% of the resistant starch** Suggested Dietary Target (20 g).³



Low resistant starch intake can be linked to diseases such as **metabolic health, cholesterol, kidney and cancer.**⁴



Since consumer understanding of resistant starch is blanketed under the term of total dietary fiber and resistant starch isn't commonly found in all food, **intake from diet alone will continue to be low.**

Since the regulatory requirements for dietary fiber labeling are arbitrary due to its reliance on methodology, we need to work within the parameters and use creative forms of communication to spread the resistant starch message.

The Australian Ministry of Health has done exactly this by recommending an allowance for resistant starch as part of the dietary fiber intake and by establishing a resistant starch 20 g SDT for chronic disease prevention.⁵

Like many valuable nutrients void in modern diets, it's only a matter of time before the dietary fiber definition is updated to include all constituents, better showcasing the diversity within fibers for optimum health and revealing the real heroes like resistant starch.

Nutrient Reference Values for Australia and New Zealand⁵

Nutrient	Adequate Intake (per day)		Basis of Estimate
Dietary Fiber	Men	30 g	Median population intakes including an allowance for resistant starch ←
	Women	25 g	

Join the Resistant Starch Movement

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References:

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- ² Report of the Dietary Fiber Definition Committee to the Board of Directors of the American Association Of Cereal Chemists, Submitted January 10, 2001 [Available Here](#)
- ³ Landon S, Colyer C, Saliman H. The resistant starch report—Food Australia Supplement 2012 [Available Here](#)
- ⁴ Patterson MA, Malija M, Stewart ML. Resistant starch intakes in the United States: a narrative review. J Acad Nutr Diet 2020. [Available Here](#)
- ⁵ National Health and Medical Research Council, Australian Government Department of Health and Ageing, New Zealand Ministry of Health. Nutrient Reference Values for Australia and New Zealand. Canberra: National Health and Medical Research Council, 2006. Submitted September 2017 [Available Here](#)

Contact us:

Solnul™ (Trademark of MSP Starch Products Inc.)
P.O. Box 850, 10 Fredrick Street, Carberry, Manitoba, Canada, R0K 0H0
www.solnul.com | info@solnul.com

