



Resistant Starch: Sources, Applications and Health Benefits (Institute of Food Technologists Series)

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The discovery of resistant starch is considered one of the major developments in our understanding of the importance of carbohydrates for health in the past twenty years. Resistant starch, which is resistant to digestion and absorption in the human small intestine with complete or partial fermentation in the large intestine, is naturally present in foods.

Resistant Starch: Sources, Applications and Health Benefits covers the intrinsic and extrinsic sources of resistant starch in foods, and compares different methods of measuring resistant starch and their strengths and limitations. Applications in different food categories are fully covered, with descriptions of how resistant starch performs in bakery, dairy, snack, breakfast cereals, pasta, noodles, confectionery, meat, processed food and beverage products.

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