

Resistant starch: Technological characteristics and physiological interests

[Almidón resistente: Características tecnológicas e intereses fisiológicos]

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Resistant starch is a fraction of starch able to resist digestion and remains intact in the gastrointestinal tract. One of the benefits of this starch is that it can be used as an ingredient that reinforces the technological characteristics of foods, in addition to providing physiological benefits related to health. Resistant starch are found naturally in cereal grains, seeds, legumes and tubers and, in the food industry, it is in products associated with baking, pastries, cookies and extruded cereals. The technological benefits provided by resistant starch are due to its microstructure, which makes possible the generation of products with a better texture, without affecting flavor, smell or coloring characteristics of the food. From a health point of view, resistant starch is able to modulate nutrient digestibility kinetics, allowing its incorporation in the design of products with lower glycemic index and lower caloric value energy. Modulation of glucose and lipid metabolism, as well as possible associations with intestinal microbiota health, indicate that resistant starch could be an ingredient with great potential in the treatment of chronic diseases. © 2018, Sociedad Chilena de Nutricion Bromatologia y Toxilologica. All right reserved.

Fermentation

Fiber

Glycemic index

Prebiotic

Resistant starch