



Starches vs. Grains



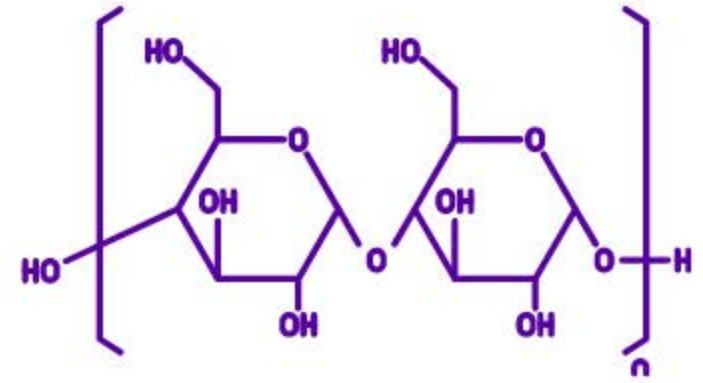
Center for Community Health & Prevention



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MEDICINE

Starches

What are they made of?



A polysaccharide (or bunch of glucose molecules bound together) containing amylose and amylopectin.

Sources: potatoes (white & sweet), corn, peas, beans (lentils, black beans & lima beans), rice, pasta, bread, cereal



Health Benefits:

Resistant starch, and fiber-rich starches, can help feed good gut bacteria, and help produce short-chain fatty acids in the intestines to support a healthy microbiome.

Grains

What are they made of?

A type of starchy carbohydrate. Whole grains leave the seed intact (contains bran, germ & endosperm) for more nutrients. Processed grains contain mostly endosperm absent of key nutrients.

Sources: wild rice, brown rice, whole wheat pasta, oatmeal, whole oats, popcorn, millet, quinoa, whole wheat bread

Health Benefits:

Whole grains can provide valuable b-vitamins, increase satiety, create bowel regularity and help with maintaining healthy blood sugar control.

