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## **TAL 797 - Seminário**

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### **RESISTANT STARCH: A VIABLE ALTERNATIVE FOR HEALTH AND FOOD DEVELOPMENT**

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In recent decades, the severity of the global epidemic of obesity has increased substantially. Changes in lifestyle and diet are the first factors that need to be addressed. Thus, new trends for a more healthful diet suggest the incorporation of higher daily intake of dietary fiber. Resistant starch (RS) is a type of dietary fiber, and thus cannot be hydrolyzed by our enzymes, reach the large intestine and is fermented by the gut microbiota, producing short chain fatty acids (SCFA), such as acetic, propionic and butyric acid. These SCFA are known to have bioactive properties, such as reduction of glycemic and insulinemic responses, hypocholesterolemic action, anti-inflammatory activities, stimulating the growth of beneficial gut microbiota and decreasing the risk of colon cancer. Based on its structural characteristics, RS can be classified into five subtypes (RS1-RS5) and its resistance to digestion depends on interactions with other components of the diet or some additional processing that reinforces its lower digestibility. In addition, RS has been used as an important food ingredient in foods such as bread, cakes, muffins, cookies and pasta, since its use produces minimal changes in the sensory profile of the product, and presents valuable technological advantages. In this way, interest in food sources rich in resistant starch has grown, since this type of fraction can be used as a viable alternative with high nutritional value and functional properties.

## References

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