



# HIGH STARCH FOODS

This is a list of foods that are either high in starch or they are foods that I have found to be inflammatory for my body, but others might tolerate some of these foods just fine. Many of these ingredients can be enjoyed by a person with a healthy gut who does not have AS.

An iodine test will most accurately examine your fruits & veggies for starch content.

## HIGH STARCH NUTS & SEEDS

Acorns	Chestnuts	Tiger nuts, <i>tuber</i>
Cashews	Peanuts, <i>legume</i>	

## OTHER HIGH STARCH FOODS

Arrowroot ( <i>including flour</i> )	Farro	
Amaranth	Kamut	Rhubarb
<i>Baking Powder (use substitute)</i>	Maca	Rice, <i>White/Brown</i>
Bamboo Shoot	Mamey Sapote	Snow Peas
Banana	Mango	Sorghum
Beans and Legumes	Millet	Sweet Potato/Sweet Potato Flour
Black Beans	Oats, Oat Flour, Oat Fiber	Tapioca <i>starch/flour</i>
Bulgar	Peas, Sweet Peas	Teff
Cassava Flour	Plantain	Water Chestnut
Chickpeas (hummus)	Pinto Beans	Wheat Flour
Corn, Corn Flours, Corn Starch	Potatoes, Potato Starch	Yam
Cornmeal, Sweet Corn	Quinoa	Yuca

## OTHER INFLAMMATORY FOODS I AVOID

Refined Sugar/Sugar Beets	Corn Syrup/Corn Sugar	Soy, <i>all derivatives</i>
GMO cooking oils		