



MEDIUM STARCH FOODS

All of the foods on this page are generally allowed on the standard Paleo diet and they can be wonderful ingredients for a person who is not sensitive to starch.

- Whether or not these are “safe” foods or “fringe” foods will vary for each individual.
- Some of the fruits and veggies listed below will test starch free with iodine when allowed to ripen properly.
- Watch out for some foods listed below like zucchini that often pass the iodine test when raw, but after cooking can test starchy.
- You will have to customize a diet to fit your body through your own trial and error.

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

MEDIUM STARCH FRUITS

Apples, <i>vary in starch content</i>	Golden Berries	Plum
Apricots	Lingonberries	Pomegranate
Asian Pear	Nectarines	Prune
Cranberries	Peaches	Quince
Crab Apples, <i>vary in starch content</i>	Pears	
Dragon Fruit	Persimmon	

MEDIUM STARCH VEGETABLES

Beets, <i>red (golden is often starch-free)</i>	Green Beans	Turnips, <i>can be low starch</i>
Brussels Sprouts	Parsnips	Watermelon Radish
Carrots, <i>more starchy when cooked</i>	Patty Pan Squash	Winter Squash
Celeriac - Celery Root	Pumpkin	Zucchini
Chayote Squash	Rutabaga	
Crookneck Yellow Squash	Sunchokes, <i>very high in inulin</i>	

MEDIUM STARCH NUTS & SEEDS

Hazelnut	Pistachio	Pumpkin Seeds, pepitas
Pecan	Pine Nuts	Sunflower Seeds