

Fact Sheet CONTENT OF SLOWLY DIGESTIBLE STARCH IN FOODS

A number of foods and raw food ingredients have been examined for their content of SDS. The table below summarizes the percentage of digestible (available) starch that was found to be slowly digestible (SDS divided by the sum of SDS + RDS). Results are compiled from different studies in which the starch digestibility method of Englyst and coworkers was used.^{1,2}



Ingredients



Foods (as consumed)

Food and ingredient	SDS/(RDS+SDS)
White wheat flour ¹	50%
Breakfast cereals ³	2-10%
Bakery products and crackers ³	3-17%
White bread ¹	9-17%
Spaghetti (freshly cooked) ¹	45%
Lentils (boiled) ¹	48%
Plain sweet biscuits (various) ⁴	15-51%
High-SDS biscuits ⁵	39-45%

References

¹ Englyst HN, Kingman SM, Cummings JH. Classification and measurement of nutritionally important starch fractions. *Eur J Clin Nutr.* 1992;46 Suppl 2: S33-50.

² Englyst KN, Englyst HN, Hudson GJ, Cole TJ, Cummings JH. Rapidly available glucose in foods: an in vitro measurement that reflects the glycemic response. *Am J Clin Nutr.* 1999;69: 448-454. <http://ajcn.nutrition.org/content/69/3/448>

³ Englyst K, Vinoy S, Englyst HN, Lang V. Glycaemic index of cereal products explained by their content of rapidly and slowly available glucose. *Br J Nutr.* 2003;89: 329-340. DOI: [10.1079/BJN2002786](https://doi.org/10.1079/BJN2002786)

⁴ Garsetti M, Vinoy S, Lang V, Holt S, Loyer S, Brand-Miller JC. The glycemic and insulinemic index of plain sweet biscuits: relationships to in vitro starch digestibility. *J Am Coll Nutr.* 2005;24: 441-447. DOI: [10.1080/07315724.2005.10719489](https://doi.org/10.1080/07315724.2005.10719489)

⁵ Péronnet F, Meynier A, Sauvinet V, Normand S, Bourdon E, Mignault D, et al. Plasma glucose kinetics and response of insulin and GIP following a cereal breakfast in female subjects: Effect of starch digestibility. *Eur J Clin Nutr.* 2015;69:740-5. DOI: [10.1038/ejcn.2015.50](https://doi.org/10.1038/ejcn.2015.50)