



Starches Unmasked: THE SURPRISING RISKS



The dark reality of starches

- Starches are heavily processed and stripped of fiber and nutrients, leaving behind empty calories with no nutritional value.
- The body metabolizes starches like sugar, which explains why they cause weight gain, heart disease, and insulin resistance.
- The standard American diet (SAD) contains more starch than fiber, a major contributing factor to obesity and diabetes.
- Starches are modified with chemicals such as sodium hypochlorite, commonly known as chlorine bleach, which is harmful to human health.¹
- Most modified starches are derived from genetically modified (GMO) corn contaminated with glyphosate, a pesticide linked to cancer, reproductive issues, and organ damage.

The true purpose of starches in ultra-processed foods

- Starches are cheap to produce and used to bulk (filler) out ultra-processed foods (UPFs), tricking you into believing you are getting more food than you actually are.
- They don't add flavor or nutrition, just empty fillers, leaving you unsatisfied and craving more. On top of that, they spike your blood sugars and create cell damage.
- Over half of the volume in some UPFs, such as cereals and crackers, is modified food starches, which contribute no nutritional value.

Common ultra-processed foods with starches

Starches are used in UPFs to add bulk, bind ingredients, thicken the texture, and prolong shelf life.

Common sources of modified starches:

- Cereals
- Pretzels
- Crackers
- Muffins
- Bagels
- Tortillas
- Cake and cupcakes
- Low-fat dairy products
- Pasta
- Frozen meals
- Ice cream
- Canned soups
- Instant foods
- Gravy and cheese sauces
- Salad dressing

Did you know? Modified starches are used in baby food and are linked to diarrhea, nutrient malabsorption, and altered gut bacteria composition in infants.²

How to identify starches

Starches are listed under various names on the ingredients list, making them difficult to spot on food labels.

You'll find starches labeled as:

- Modified corn starch
- Modified food starch
- Corn starch
- Corn syrup solids
- Corn flour
- Maltodextrin
- Dextrin



¹ <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=172.892>

² <https://pubmed.ncbi.nlm.nih.gov/9188246/>

Dr. Berg's Junk Food Meter

The Junk Food Meter makes it easy to uncover the amount of junk food ingredients in your diet—no food science degree required. Scan a barcode, and the app will do the rest!

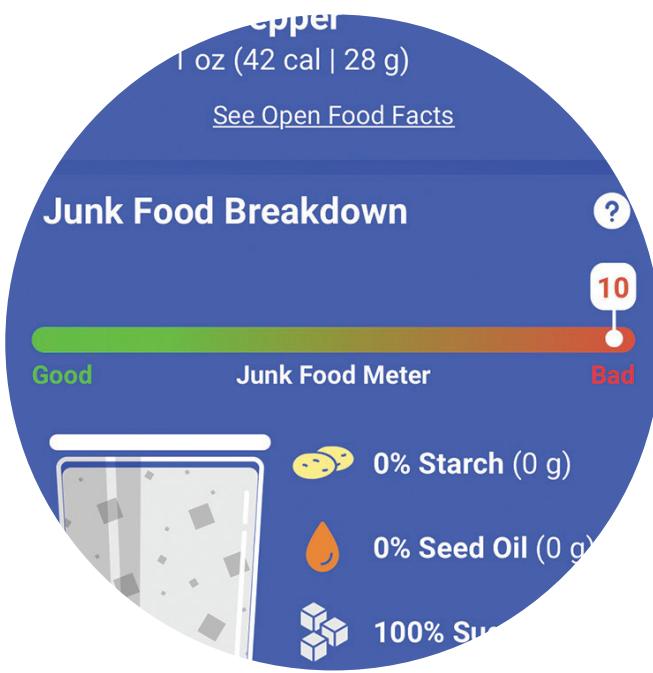
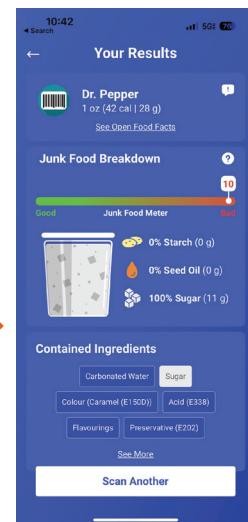


Step 1

Scan food items in pantry, refrigerator, or grocery store

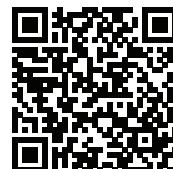
Step 2

See results



Step 3

Observe rating scale to find actual food without UPF ingredients and then click to find food replacements



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