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STARCHES UNMASKED: THE SURPRISING RISKS





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

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



- Most modified starches are derived from genetically modified (GMO) corn contaminated with glyphosate, a pesticide linked to cancer, reproductive issues, and organ damage.

Common ultra-processed foods with starches

Starches are cheap to produce and are used in ultra-processed foods (UPFs) to emulsify and 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

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

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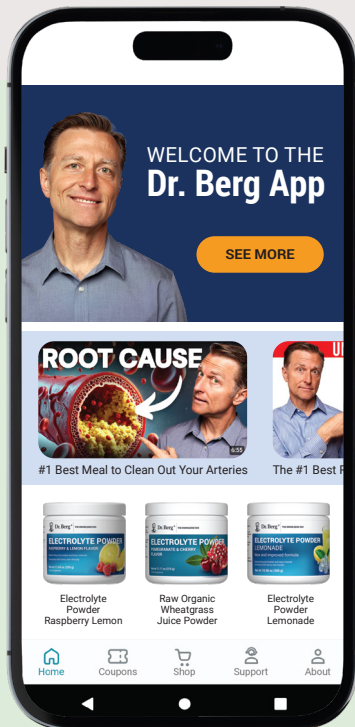
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