

SAFE STARCH FOODS

God's Comforting Way To Feel Full



✦ What Are Resistant Starches?

Resistant starches are God-made carbs **that don't spike your blood sugar.**

They resist digestion (just like fiber)

They feed good gut bacteria and help you feel full, not fearful.

"The eyes of all look to You, and You give them their food at the proper time."
- Psalm 145:15

🌿 Safe Starch Foods to Embrace

Whole Food

Green bananas
Oats (overnight)
Cooked & cooled potatoes
Cooked & cooled- brown rice
Lentils
Beans (black, chickpeas, navy)
Barley & Quinoa

How to Enjoy

Steam, boil, roasted. Eat as side dish
Soak in almond milk, add chia seeds, & fruit
Serve chilled or gently reheated
Use in soups, toss on salads or reheat and eat
Use in soup, stews or stir-fries
Add to soups, stews, enjoy as side dish
Use in hearty grain bowls

✔ Don't Forget Your Fruits & Veggies!

As exciting as it is to enjoy carbs again (praise God for that!), **fresh fruits and vegetables are still essential** for healthy weight and whole-body healing. They're rich in antioxidants, fiber, and the vibrant variety your body craves.

🌿 Health Benefits of Resistant Starch+Produce

- Keeps you full, not bloated
- Calms late-night cravings
- Supports hormone balance
- Encourages a peaceful mood
- Promotes steady energy
- Nourishes your gut health
- Helps you sleep better
- Manage weight



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🌿 Faith Reminder

So as you pray "Give us this day our daily bread..."
- Matthew 6:11

These whole-food carbs were made by God with purpose. They don't crash your blood sugar like processed snacks. Instead, they help you:

- Stop obsessing about food
- Calm your mind and curb emotional eating
- Support natural hormone healing