

## **Paleo Resistant starch foods list**

### **FLOURS**

Tapioca Flour / Starch  
Sweet Potato Flour / Starch  
Cassava Flour  
Plantain Flour  
Green Banana Flour  
Tiger Nut Flour  
Chestnut Flour  
Pumpkin Seed Flour  
Sunflower Seed Flour

### **FRUITS AND VEGETABLES** (Raw or cooked and cooled)

Plantains  
Bananas  
Yuca  
Sweet Potatoes  
Yams  
Turnips  
Parsnips  
Carrots  
Taro  
Beets  
Water Bamboo  
Lotus Roots  
Wax Gourds  
Other starchy root veggies and tubers that are either raw or cooked and cooled.

### **NUTS AND SEEDS**

Chestnuts  
sunflower seeds, cashews  
Pumpkin seeds  
Sunflower seeds