

RESISTANT STARCHES

YES	NO
(One small serving per meal)	Bread
Barely Bread bagels and bread	Cereal
Cassava, aa Yuca	Cookies
Celery root (celeriac)	Crackers
Coconut	Flours made from grain and pseudo-grains
Glucomannan (konjac root)	Pasta
Jicama (Mexican or Chinese potato)	Potato chips
Julian Bakery Paleo Wraps (made with coconut flour)	Potatoes (ok if pressure cooked)
Millet	Rice
Parsnips	Tortillas
Persimmon	
Rutabaga	
Siete Tortillas *only those made with cassava or almond flour)	
Sweet potatoes	
The Real Coconut cassava-flour tortillas and chips	
Turnips	
Yams	