

# High amylose wheat foods: effects on *in vitro* starch digestion and gut fermentation

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## Summary

The starch component in traditional wheat-based foods is often fully digested in the human small intestine, resulting in a high glycemic response and very little 'resistant starch' that transits to the large intestine where it could act as a beneficial carbon source for the gut microbiota. The recent commercialisation of high-amylose wheat leads to slower starch digestion and provides up to 10-fold more resistant starch. It is therefore a promising basis for food products with improved health potential. However, high amylose wheat does not behave the same as regular wheat during food processing and product textures can be different. This presentation will focus on how to maximise the nutritional benefits of high amylose wheat without compromising textural properties and investigates the effect of different food forms containing high amylose wheat on *in vitro* fermentation using human faecal inocula.