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 **WeightWatchers' Contributor**


Sports Stack

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[pedrogomezjr](#) Happy Friday, everyone!!! We can get through each day and stay on plan, no matter what challenges our lives throw our way! AMEN?!
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A Cleaner Form Of (Body) Energy

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Written by [kylestack](#) on 11/4/2011 2:08 PM

In the interest of attaining a sustained natural energy level, athletes are turning to resistant starch. The benefit to this practice is that healthy foods serve as the sources. Out of the picture, for some, are energy drinks masquerading as healthy forms of energy. Unprocessed products – legumes, potatoes and oats – provide a more sensible approach to maintaining energy levels.

Dietitian [Meg Mangano](#), RD, CSSD, CLT, CMT, who has worked with athletes in all types of sports, explained the benefits of amending a diet to include resistant starch. Athletes, like most people, operate more efficiently when energy levels are constant.

That's difficult to accomplish with the aforementioned energy drinks, as well as other drinks and food that contain simple sugars. Those are digested and absorbed in the small intestine for short surges of energy. Take a weight lifting session, for example. Resistant starch bypasses the small intestine in favor of the large intestine, where it breaks down slowly. Thus, energy is long-lasting.

"It helps athletes avoid the peaks and valleys of simple carbs," Mangano said.

There isn't a type of athlete this affects more than another. Mangano sees the effect quite prominently among NBA players.

Resistant starch foods are usually higher in fiber. Beans, whole grains, wild rice and root vegetables serve as more examples. These aren't "sexy" forms of consumption that can be packaged in glossy packets or bottles. Which is why Take a Sheet or Gatorade or other quick energy sources can be so appealing to consumers. They have well-funded marketing campaigns with high-profile athletes. Think of the last time you saw an athlete do an ad campaign for oatmeal.

For the person on the run who needs a quick energy boost, Gatorade might continue to be the option. Yet if that person considers his energy level through the rest of the day, the food mentioned above becomes the ideal choice.

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