

Colorado

CAFÉ SCIENTIFIQUE

Tuesday 9 April 2013

at the Wynkoop Brewing Company

<http://www.wynkoop.com/>

Corner of 18th and Wynkoop in LoDo, Denver

About a block from Light Rail. Thirteen minutes by foot from Auraria.

The skinny on resistant starch: *can it really help you lose weight and prevent cancer?*

Janine Higgins, PhD

Nutrition Research Director

CU's Colorado Clinical and Translational Sciences Institute, Aurora

Until approximately 15 years ago, it was believed that all starches were digested in the upper digestive tract and absorbed as sugars into the bloodstream. However, it has since been noted that some starches resist digestion in the upper digestive tract and, so, pass into the large bowel relatively intact. These starches are referred to as **resistant starch** (RS). In the bowel, RS is highly fermentable. It has the properties of both soluble and insoluble fiber and, thus, has been studied widely for its effects on bowel health. RS has been shown to increase bulk and decrease transit time and prevent the proliferation of pre-cancerous bowel lesions in rats. The metabolic benefits of RS include lowering post-meal blood sugar levels after consumption and increased fat burning. How are these processes related? What do we know about the mechanisms of action of RS, if anything? Do different mechanisms underlie the bowel and systemic effects of RS consumption? How can we consume more RS? Any other questions you'd like answered about RS?

EVERYONE IS WELCOME. The discussion starts at 6:30 in the Mercantile Room (no food service there). Come before 6 PM to leave yourself time to get something to eat, or stay and eat afterwards. We end around 8 PM.

There's no charge. The Wynkoop is generously providing the facility; we buy our own drinks. It is first come, first seated, and **seating is limited** so that everyone can take part in the discussion.

The Colorado Café Scientifique is organized by an informal group of faculty from CU and institutions up and down the Front Range, as well as science fans from industry, government and elsewhere. We welcome your input, including ideas for speakers and topics. Bring them with you to the next Café, or e-mail them and any questions to John.Cohen@UCDenver.edu

**Essential information about the topic and the event on our Web site at:
CafeSciColorado.org**