

COME celebrate with us the **2019 NSTW!**

17-21 July 2019, Wednesday-Sunday

World Trade Center, Pasay City

Theme: "Science for the People: Enabling Technologies for Sustainable Development"

## A healthier you thru RCS

Almost all carbohydrates we eat contain starch, long chains of glucose present in potatoes, corn, and grains.

However, our body cannot digest all starch. Some are resistant to digestion. These settle in your colon as resistant starch (RS).

To offset this RS, the Industrial Technology Development Institute (DOST-ITDI) developed a similar, yet different RS from cassava called resistant cassava starch or RCS.



RCS is similar because it is resistant, yet different because it provides the benefits of insoluble and soluble fibers. Eating products made from resistant CS is healthier due to its ability to escape digestion in the small intestine. As a dietary fiber, it acts as a functional prebiotic for some probiotic microorganisms in the large intestine.

This results in increased short chain fatty acids, which are responsible for favorable selection of intestinal microflora that may prevent the formation of intestinal cancers.

Resistant Cassava Starch is one of 21 ITDI-developed technologies selected to be featured in Cluster 2 - Aging Society, Health, and Medical Care of the 2019 National S&T Week (NSTW) Exhibits slated on July 17-21, 2019 at the World Trade Center-Metro Manila. Admission to the exhibits is FREE. It is open to the public from 8:00 AM to 5:00 PM.

NSTW is celebrated every third week of July through Proclamation No. 169 of 1993 to highlight significant contributions of S&T to national development. (RRUdela Cruz \ ITDI S&T Media

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### Our Business is Industry

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