

Summary: Although saline crackers are a popular snack, they are low in nutrients and high in starch.

## **Starchy Foods: Human Nutrition and Public Health**

This makes oats an excellent choice for a healthy breakfast.

## **Starchy Foods: Human Nutrition and Public Health**

This article lists 19 foods that are high in starch. Well, we're looking for good writers who want to spread the word.

## Related Books

- [Ethical principles in the conduct of research with human participants](#)
- [\[Dobruja \(Romania and Bulgaria\) pamphlets\].](#)
- [Lirica hispánica de tipo popular: Edad Media y Renacimiento.](#)
- [Conditions of participation for extended care facilities.](#)
- [Beograd - 30. novembar 1806.](#)