

STARCHY

Meaning: Starchy refers to foods that are high in carbohydrates, particularly those containing significant amounts of starch.

1. Potatoes are often considered starchy vegetables due to their high carbohydrate content.
2. Many people prefer starchy foods like rice and pasta as they provide a quick source of energy.
3. A diet rich in starchy foods can help maintain energy levels throughout the day.
4. When making a casserole, adding starchy ingredients can help thicken the dish.
5. Some athletes rely on starchy snacks before a competition to fuel their performance.

Source: sentences.whatistheurl.com

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