

# **Factors affecting the formation, structure and digestibility of starch-lipid-protein complexes – a mini review**

## **ABSTRACT**

Starch, lipid and protein have been reported to form a ternary V-type complex that is resistant to digestion. This starch-lipid-protein complex is categorised as type-5 resistant starch with beneficial effects on health. The study of ternary complex is an emerging field with scarce knowledge. This article provides the review of the latest research (2020-2023) on this subject matter focusing on the reported variables affecting the formation of the complexes. Among the factors discussed are the effect of type of proteins, type of fatty acids, type of starch, environmental pH and cooking methods. The structural modification and resultant digestibility are elucidated.