

# starches

## Definition

plural n. a type of carbohydrate found in foods like bread and pasta.

## Example Sentence

Potatoes and rice are both **starches**. OR He **starches** his dress shirts.

## More Example Sentences

Potatoes are rich in **starches** and nutrients.

## Synonyms

carbs; sugars; polysaccharides

## Antonyms

protein

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