Diabetes and Obesity Management With- ‘Low Glycemic Index Rice’
(Top 10 Diabetics and Obesity friendly, Rice Varieties being grown in India)

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Off/on, We are use to listen a word or sentence or phrase, form mouth of modern community-this is unscientific/not to be believed; this is very scientific, is reliable and so on. Interesting fact is, people, who invented, founded and drafted the laws of science, were not from science background but certainly, they believed, trusted and made observations form Nature’s Laboratory based on Vedas- the source of ultimate supreme knowledge. Whatever, they invented, founded and drafted were, supported and decoded from of Nature’s Law-the Vedas.

Some visionary people, integrated the Nature’s Law with customs, religions and social practices to live people in good health, with prosperity as per guidance of Vedas. Later, due to missing links, Nature’s Laws and Vedic principles got misunderstood by modern intelligent community thought them unrealistic and unscientific.

We are very fortunate that a few people have trust on Nature’s Laws - Vedas. They are really working very hard continuously; to prove that Nature’s Laws-the Vedas were and are very scientific and timely, for modern aged intelligent community to believe.

The recent study, on low glycemic (GI) rice relating to diabetes and obesity, revealed that Indian integrated meal pattern is very healthy diet pattern as per laws of modern dietetics.

‘Eating rice with other foods can help reduce the overall GI of a meal and, when combined with regular exercise, can reduce the chances of getting Obesity and Diabetes. In addition, people who do exercise need more carbohydrates in their diet and can take advantage of low-GI foods for sustained activity.’

‘Low Glycemic Index (GI) Rice varieties are diabetics and obesity friendly’
(Top 10 Rice Varieties with lowest GI were being grown and consumed in India)

Diabetic and Obese/ Overweight persons were, so far, advised by modern diabetologists to avoid rice consumptions but now, they can be rest assured that rice can be part of their healthy diet by selecting proper varieties of rice.

Scientists in India and abroad have now found that the glycemic index (GI) of rice varies a lot from one type of rice to another, with most varieties scoring a low to medium GI. Low-GI foods are those measured 55 and less, medium-GI foods are those measured between 56 and 69, while high-GI foods measure 70 and above.

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<th>Low GI Foods Index</th>
<th>Med.GI Food Index</th>
<th>High GI Food Index</th>
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<td>55 of less</td>
<td>56-69</td>
<td>70 &amp; above</td>
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When food is measured to have a high GI, it is easily digested and absorbed by the body, which often results in fluctuations in blood sugar levels that can increase the chances of getting diabetes and, overweight/obesity and other noncommunicable diseases; viz Unhealthy Ageing, Cancer.

At the same time, management of type 2 diabetes, overweight/obesity and other noncommunicable diseases becomes difficult with high GI foods. Conversely, foods with low GI are those that have slow digestion and absorption rates in the body, causing a gradual and sustained release of sugar into the blood, which has been proven beneficial to health, including reducing the chances of developing diabetes, overweight/obesity and other noncommunicable diseases; viz Unhealthy Ageing, Cancer.

Eating rice with other foods can help reduce the overall GI of a meal and, when combined with regular exercise, can reduce the chances of getting diabetes. In addition, people who do exercise need more carbohydrates in their diet and can take advantage of low-GI foods for sustained activity.

(In India, main meal of the day in a common family, traditionally, is mixture of multiple varieties of food groups)

Rice plays a strong role in global food problem and security. Being the staple for about 3.5 billion people, it is important to maximize the nutritional value of rice. Low GI rice will have a particularly important role in the diets of people who derive the bulk of their calories from rice and who cannot afford to eat rice with other foods to help keep the GI of their diet low. Low GI rice could help to keep diabetes, overweight/obesity and other noncommunicable diseases; viz Unhealthy Ageing, Cancer, prevalent in these communities, controlled.

Vicious Cycle

Stress
Obesity
Diet Pattern
Lifestyle

Diabetes
Arthritis
Psycho-disorder
Marriage problem

• CANCER
• Un-Healthy Ageing
• Married Life Hazards

Diabetes will become a serious epidemic by 2030; almost 330 million people will be affected by diabetes globally.
In contest of India, “As per WHO-2012 'in India 11.1% men & 10.8% women are diabetic'. It means approx. every tenth adult is diabetic. Today India has become a diabetic capital of the world. International Diabetes Federation estimates- 61.3 million people in India are diabetic next only to China”.

Recent study on rice glycemic index by International Rice Research Institute (IRRI) and the University of Queensland lends a wide smile for the 60-million strong diabetic population in India, as they can safely include rice in their diet, choosing varieties of rice with low glycemic index that ensure gradual and sustained release of sugar into their blood.

✓ (Always consult your dietician before any diet alteration)

The research team from the International Rice Research Institute (IRRI) and Australia’s Commonwealth Scientific and Industrial Research Organisation (CSIRO) Food Futures Flagship also identified the key gene that determines the GI of rice, an important achievement that offers rice breeders the opportunity to develop varieties with different GI levels to meet consumer needs. Future development of low-GI rice would also enable food manufacturers to develop new, low-GI food products based on rice. Dr. Melissa Fitzgerald, who led the IRRI team, said that GI is a measure of the relative ability of carbohydrates in foods to raise blood sugar levels after eating.

The findings of the research team, which analyzed 235 types of rice from around the world, is good news because it not only means rice can be part of a healthy diet for the average consumer, but it also means that people with diabetes, or those at risk of diabetes, can select the right rice to help maintain a healthy, low-GI diet.

The study found that the GI of rice ranges from a low of 48 to a high of 92, with an average of 64.

Further study found that three of the top 10 rice varieties with lowest GI were being grown and consumed by majority of population in India.

“Basmati rice has higher GI than commonly consumed rice varieties in India ie. Swarna and Mahsuri. The basmati showed a GI of between 68 and 74. The other Indian varieties were all below 60. This is good news, especially for non-Basmati consumers, which is the general middle class population,” said chief researcher Dr Melissa Fitzgerald.

“Understanding that different types of rice have different GI values allows rice consumers to make informed choices about the sort of rice they want to eat,” she said. “Rice varieties such as India’s most widely grown rice varieties, Swarna and Mahsuri, have a low GI and varieties such as Doongara from Australia and Basmati have a medium GI.”

‘Chinese rice variety Shen Huang Zhin 2 was found to have the lowest GI (around 45) while a variety in Laos had the highest (92). The main varieties of rice from India and South East Asia which were tested includes Swarna, Mahsuri, MTU1010, Yamini and basmati from India, Pakistan and Bangladesh and BG92 from Lanka.’ Biogenetic Science fraternity has now
revealed that rice isn’t that evil factor for good health or diabetes. It does not cause diabetes. However, this study will help diabetics to select rice wisely.

Of course Rice is high in carbohydrates, which are needed for energy. Those people, who are with high physical activity like sportspersons, laborers, agri laborers need more carbohydrates to meet their quick high energy demand. But if a person lives a sedentary lifestyle, high energy isn’t required and hence rice consumption should be reduced. But brown rice is a better option for them.

Brown rice does not have higher carbohydrates content than white rice (polished) and is also not as palatable as white one. However, brown rice has higher vitamin and mineral content. People must consider having brown rice at least once a week.

Another researcher Dr Tony Bird, CSIRO Food Futures Flagship, said that low GI diets offered a range of health benefits. “Low GI diets can reduce the likelihood of developing diabetes and are also useful for helping diabetics better manage their condition,” said Bird.

“This is good news for diabetics and people at risk of diabetes who are trying to control their condition through diet, as it means they can select the right rice to help maintain a healthy, low-GI diet,” he added. Hence low GI varieties Swarna and Mahsuri rice are boon to diabetics and obese persons and are recommended for their consumptions.

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