



Does White Rice Have an Impact on Diabetes?

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DESCRIPTION

Yes, absolutely it will lead to diabetes the reason behind that Rice contains a lot of carbohydrates and seems to have a high Glycemic Index (GI) Polished rice, often known as white rice, is made by a series of mechanical operations that include hulling and milling. People may believe that if people have diabetes, they must avoid it at supper, but this is not always the case. If people having diabetes, they can still consume rice. However, people should avoid consuming it in large quantities or too regularly. Rice comes in a variety of varieties, some of which are healthier than others. Although the glycaemic index value of a specific white rice variety varies depending on the degree of processing, cooking duration, and amylose concentration, white rice has a higher glycaemic index than whole grains on average. When deciding what to eat, the type of rice matters. It's preferable to consume rice that's high in nutrients. Short-grain white rice contains less fibre, minerals, and vitamins than brown rice, wild rice, and long-grain white rice. Short-grain white rice has a high GI, which means it has a score of 70 or more, so it's best to avoid it. When compared to other types of rice and starches, it has very low nutritional value. The GI scores of basmati, brown, and wild rice are all in the moderate range. Their GI ranges from 56% to 69%. In general, these are fine to eat in moderation. Cooking times might affect the GI score, therefore avoid overcooking rice.

Glycemic index

According to perspective of research, diets with a high glycaemic index or glycaemic load were connected to an elevated risk of type 2 diabetes in large scale human observational studies involving varied groups. The link between white rice consumption and the incidence of type 2 diabetes could be explained by a number of factors. White rice is the leading

contributor to dietary glycaemia load among Asian communities who eat it as a main food. White rice, for example, accounted for 73.9 percent of dietary glycaemic load in Shanghai women; white rice stood for 58.5 percent of dietary glycaemic burden in Japanese women. Dietary glycaemic load was consistently associated with an elevated risk of acquiring type 2 diabetes in a meta-analysis that aggregated data from cohort studies mostly conducted in Western cultures. Similarly, recent studies in Chinese and Japanese populations back up the idea that a high dietary glycaemic load is linked to a higher risk of diabetes. The reduced link identified in this meta-analysis for Western populations could be related to the fact that white rice consumption was significantly lower in Western populations than in Asian populations, and hence white rice was only a modest addition to dietary glycaemic load. Furthermore, the glycaemic index values of different white rice varieties are affected by a number of parameters such as amylose content, other botanical structures, and processing processes.

CONCLUSION

Although rice has become a part of the diet in Asian populations for ancient times, the said transformation could make Asian populations more vulnerable to the negative effects of high white rice consumption, as well as other sophisticated carbohydrate sources like pastries, white bread, and sugar-sweetened beverages. White rice has a higher glycemic index than brown rice, which means its carbs convert to blood sugar more quickly. Consumption of white rice has been associated with a higher risk of type 2 diabetes. Furthermore, the dose-response relationships suggest that, even now in Western countries with normally low intake levels, relatively high white rice consumption may increase diabetes incidence modestly.

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