

Eating rice right

Choosing healthier methods of cooking white rice and healthier varieties of rice could reduce its glycaemic index. Experts advise on how to cook it right and which varieties to choose.

What to eat it with

Eating rice with protein and fibre food slows down the digestion of the meal and lowers its GI as a whole

Sources of protein

- Fish
- Meat
- Legumes
- Eggs
- Tofu
- Pulses (lentils, split peas, soya beans)

Sources of fibre

- Broccoli
- Spinach
- Peas
- Carrots
- Kai lan (Chinese kale)
- French beans

Which dishes to pass over

Anything cooked in excessive coconut milk or oil



- Nasi lemak
- Chicken rice
- Nasi biryani
- Claypot rice
- Fried rice



Rice dishes which are high in calories can ultimately lead to chronic conditions like diabetes

What is glycaemic index (GI)?

Glycaemic index is a ranking of carbohydrates on a scale of 0 to 100 based on how quickly they raise sugar levels in the blood, when they are consumed

High GI

- Foods with high GI are quickly digested, and cause spikes in blood sugar level

Low GI

- Foods slow to be digested or absorbed, which cause a gradual rise in sugar level

WHAT IS IT ABOUT WHITE RICE?

White rice has a higher glycaemic index than brown rice and wholemeal bread. This causes a spike in blood sugar, which leads to more insulin secretion by the pancreas. These frequent spikes can lead to diabetes



Cooking it healthy

(Best method to reduce calorie contribution of white rice)

Method

- Add coconut oil, 3 per cent of the weight of rice being cooked, to boiling water
- Add rice grains
- Cool the cooked rice in refrigerator for about 12 hours



This converts the rice into a resistant starch, which breaks down into glucose more slowly, and is absorbed into the bloodstream gradually

Choosing the right grain

Varieties of rice (healthy to unhealthy)

Varieties of rice (healthy to unhealthy)		Glycaemic index
Unpolished basmati rice (long grain)	Healthy	55
Polished basmati rice (long grain)	Healthy	64
Brown rice (medium grain)	Healthy	65
Chicken rice (rice only, medium grain)	Moderate	67
Nasi lemak rice (rice only, medium grain)	Moderate	69
Polished jasmine rice (medium grain)	Unhealthy	78
Japanese sushi rice (short grain)	Unhealthy	85

