

## Did you know India has diabetic friendly rice varieties?

03 August 2015 | News | By Rahul Koul Koul

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As per various reports, India would soon be called as the diabetic capital of world. But here is some good news for Indian diabetic patients who eat rice especially in Kashmir and Southern states.

As per the information given by the minister of state for agriculture, Dr Sanjeev Kumar Balyan in Rajya Sabha (Upper house of Parliament) on July 31, 2015, the Indian Institute of Rice Research (IIRI), Hyderabad which is the part of Indian Council of Agricultural Research (ICAR) system has identified three rice varieties with low glycemic index (GI) values which are considered suitable for diabetic patients.

These varieties are: Lalat (GI=53.17), BPT 5204 (GI=51.42) and Sampada (GI=51). Any variety of rice with  $\leq 55$  GI is considered as diabetic friendly. Presently, these varieties are under cultivation in different states of India.