



ASK THE DIET EXPERT

Nutritionist Niti Desai, MSc. SRD (UK),
solves all your diet dilemmas

Right Rice

Q

Which rice is the best to eat – white, parboiled brown rice, quick brown rice, Basmati or others?

Which scores lowest on the Glycemic Index?

Mani Iyer, Chennai

A

You have asked a very pertinent question. Parboiled brown rice followed by brown rice followed by Basmati rice and lastly white rice would be the order of preference.

Parboiled rice has the best nutrient composition, as the nutrients are retained due to the process of parboiling. Brown rice (GI 50) has a lower Glycemic Index than Basmati rice (GI 67), while white rice comes last on the list (GI 89).

Maintain portion sizes and include a lot of vegetables or salad while having a rice preparation.

