

Low glycemic index rice and rice products

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Rice consumption and risk of type 2 diabetes

White rice consumption and risk of type 2 diabetes: meta-analysis and systematic review

Conclusion Higher consumption of white rice is associated with a significantly increased risk of type 2 diabetes, especially in Asian (Chinese and Japanese) populations.

Abstract

Objectives To summarise evidence on the association between white rice consumption and risk of type 2 diabetes and to quantify the potential dose-response relation.

Design Meta-analysis of prospective cohort studies.

Introduction

Humans have a long history of cultivating rice crops; rice was first domesticated approximately 8000 to 9000 years ago by people living in the region of the Yangtze River valley in China.¹⁻³ Rice is now grown worldwide and provides food for



A Global Perspective on White Rice Consumption and Risk of Type 2 Diabetes

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Rob M. van Dam



Preventive policies to improve diet and physical activity are urgently needed to stem the rising global burden of type 2 diabetes (1). In randomized trials, both high-carbohydrate diets (low in saturated fat and high in fiber), combined with physical activity and caloric restriction, and moderate-fat Mediterranean diets reduced diabetes risk (2). These findings suggest that diets with variable

prospective cohort studies in Asian countries, higher white rice consumption was associated with a higher risk of type 2 diabetes. Therefore, it is crucial to determine whether white rice consumption contributes to the development of type 2 diabetes, particularly in populations with high intake levels.

Bhavadarini et al. (12) evaluated the association between white rice consumption

The PURE study is a large prospective cohort study using standardized methodology that facilitates comparing results for different world regions. However, the inclusion of many different countries also represents challenges for analyzing and interpreting the data. First, the differences in rice intakes for the various regions were so large that there was limited overlap in intake dis-

“There is a correlation between high white rice consumption and the risk of developing type 2 diabetes. Research found that of the 10 countries with the largest number of diabetes cases, 6 countries in Asia and South America have rice as the main staple food.”

Research needs throughout the value chains

