

## MORE QUESTIONS AND ANSWERS

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### **What kind of sugar is in rice?**

The two main forms of carbs are: simple carbohydrates (or simple sugars): including fructose, glucose, and lactose, which also are found in nutritious whole fruits. complex carbohydrates (or starches): found in foods such as starchy vegetables, whole grains, rice, and breads and cereals.

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### **Is white rice full of sugar?**

Rice does not have sugar in it, but it does have starch – a lot of starch. Sugars and starches are both types of carbohydrates. Starch is a complex carbohydrate made up of many pieces of a type of sugar called glucose.

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### **Does Rice turn into sugar?**

Carbohydrate: Includes bread, rice, pasta, potatoes, vegetables, fruit, sugar, yogurt, and milk. Our bodies change 100 percent of the carbohydrate we eat into glucose. This affects our blood sugar levels quickly, within an hour or two after eating.

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### **What Rice has no sugar?**

Wholegrain Basmati rice has the lowest GI (glycaemic index) of all rice types, which means once digested it releases its energy slowly keeping blood sugar levels more stable, which is a crucial part of diabetes management.

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### **Which is the best rice for diabetics?**

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### **Can diabetics eat rice?**

Rice is rich in carbohydrates and can have a high GI score. If you have diabetes, you may think that you need to skip it at the dinner, but this isn't always the case. You can still eat rice if you have diabetes. You should avoid eating it in large portions or too frequently, though.

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### **Is Rice worse than sugar?**

While most of the calories in white and brown rice come from carbohydrates, white rice has a higher glycemic index than brown rice. This means that a serving of white rice provides a quicker blood sugar spike, which, according to Harvard Medical School, “has almost the same effect as eating pure table sugar”.

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## Is white rice high in sugar?

White rice ranks high on the glycemic index, which means it can cause a sudden spike in blood sugar levels. White rice is also low in fiber that can help lower the risk for developing diabetes, Sun says.

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