

**CORRELATION OF GLYCEMIC INDEX AND INVITRO STARCH
DIGESTIBILITY OF IDLI MADE WITH RICE (ORYZA SATIVA)
RAWA AND JOWAR (SORGHUM) RAWA**

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ABSTRACT

Diabetes or Madhumeham” is known as a disease related to sweetness, which has been described in the literature as third world disease, or global disease due to its high prevalence rate. Diabetes affects more than 230 million people worldwide and is expected to affect 350 million by 2025. The study was carried out by 10 healthy female college going students from the university with the age group of 22-25 years and observed glycemic index products prepared with rice rawa and sorghum rava and correlated with starch digestibility. And results found that consumption of sorghum idli lowers plasma glucose than rice rawa idli, it may be due to higher content of dietary fiber and protein, which can affect carbohydrate digestion and absorption. In addition that processing like fermentation also affects the Glycemic Response.

KEYWORDS: Diabetes, Glycemic Index (GI), Rice Rava Idli, Sorghum Rava Idli, Invitrostarch Digestibility (IVSD)

Original Article

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