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Title: Rice with pulses or cooking oils can be used to elicit lower glycemic response

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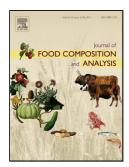
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## ACCEPTED MANUSCRIPT

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**Original Research Article** 

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#### Highlights

- The resistant starch of rice is the strongest predictor of its glycemic index.
- High amylose and resistant starch content in rice reduce its glycemic index value.
- Rice-pulse and rice-oil combinations have lower glycemic index than rice alone.

#### **Abstract**

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