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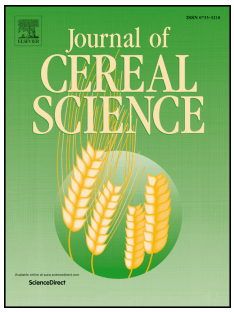

Resistant starch could be decisive in determining the glycemic index of rice cultivars

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Title: Resistant Starch could be decisive in determining the Glycemic Index of Rice cultivars.

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Abstract:

Rice (*Oryza sativa* L.) is consumed by more than half of the world's population for whom it is the main source of nutrients and carbohydrates. Rice starch is hydrolyzed by enzymes in the digestive tract and converted into glucose which is the main energy source for metabolic functions. After meeting the energy requirement of the body, the extra calories from starch are stored as glycogen or fats for later use. Therefore, overeating rice with sedentary lifestyle potentially leads to some health problems, such as obesity, type-II diabetes, and colon diseases in long terms especially in Asian countries. Starch hydrolysis begins in the mouth with the action of salivary α-amylase and continues in the small intestine with involvement of other enzymes. However, the resistant starch (RS) which normally comprises < 3% of cooked rice escapes