

Low glycemic rice product

Project Title: P1579 - AfricaRice Contribution to RICE Flagship Project 2

Description of the innovation: Rice products that shows both low glycemic index and slow digesting properties after consumption.

New Innovation: No

Stage of innovation: Stage 2: successful piloting (PIL - end of piloting phase)

Innovation type: Production systems and Management practices

Geographic Scope: Global

Number of individual improved lines/varieties: <Not Applicable>

Description of Stage reached: The effect of pre-cooking rice processing on human GI was investigated. Varieties were subjected to different processing, eaten and test subjects' blood glucose levels monitored for 2 hours. Across varieties, rice that had been parboiled as paddy then polished had the lowest GI (27) and is best for diabetics.

Name of lead organization/entity to take innovation to this stage: AfricaRice - Africa Rice Center

Names of top five contributing organizations/entities to this stage:

- UYI - University of Yaoundé 1
- UAC - University of Abomey Calavi
- AfricaRice - Africa Rice Center

Milestones:

- Pilot users at six action sites increase income from rice by 15% through adoption of at least one of the postharvest or value addition practices or technologies

Sub-IDOs:

- 14 - Increased availability of diverse nutrient-rich foods

Contributing Centers/PPA partners:

- AfricaRice - Africa Rice Center

Evidence link:

- <https://doi.org/10.1002/fsn3.600>
- <https://grispnetwork.groupsie.com/files/1035001>

Deliverables associated:

- D24126 - Low glycemic index rice varieties and/or varieties with high micronutrient (Fe, Zn) with low phytate content identified (**Not disseminated**)
- D24658 - Three to five low glycemic rice varieties for the market (**Not disseminated**)

Contributing CRPs/Platforms:

- Rice - Rice