Beras dengan Indeks Glikemik Rendah

Rice with Low Glycemic Index

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Beras dengan indeks glikemik (IG) rendah dihasilkan melalui beberapa proses pengolahan, meliputi perendaman gabah kering giling dengan air hangat, penirisan gabah, lalu pengukusan. Kemudian gabah dikeringkan dalam dua tahap, yaitu pada suhu 100 °C selama 1-2 jam dan pada suhu 55-65 °C selama 25 menit, selanjutnya gabah pratanak digiling menjadi beras pratanak IG rendah dengan derajat sosoh 95%.

Teknologi prosesing beras IG rendah menghasilkan beras dengan tekstur pulen dan rasa lebih enak. Beras IG rendah mengandung abu, amilosa, dan serat pangan lebih tinggi, namun daya cerna pati menurun.

Beras IG rendah dapat membantu mengendalikan kadar glukosa darah bagi penderita *diabetes melitus*.

Teknologi ini telah dilisensi oleh PT Petrokimia Gresik (2017-2018).

Rice with low glycemic index (GI) is produced through a series of processing, including soaking dry harvest rice grain with warm water, draining and finally steaming the rice grain. The steamed rice grain is dried in two stages, namely at a temperature of 100 °C for 1-2 hours and at a temperature of 55-65 °C for 25 min. It is then milled to become precooked rice having low GI of rice with milling degree of 95%.

Low GI rice has a better taste which is more delicious. Low GI rice contains more ash, amylose, and dietary fiber, but the digestibility of starch is decreased.

Low GI rice can help control blood glucose levels for people with diabetes mellitus problem.

This technology has been licensed by PT Petrokimia Gresik (2017-2018).