

## **The fiber in the grains Vs. Food & Lifestyle diseases**

The refining processes such as high-temperature milling to make fine wheat flour, maida, and semolina and polishing the rice removes all the healthy fiber. If the fiber content in the food is low, the glucose is absorbed rapidly, creating high blood glucose levels. High blood glucose causes the release of excessive insulin hormone from the pancreas gland. Insulin is the glucose utilization hormone responsible for generating energy from glucose for sustaining the body. If the glucose levels are high, the excess of glucose gets converted into fat by the insulin. High insulin levels also increase the appetite and create food cravings leading to overeating and obesity. Excessive hunger and overeating that commonly occur when one consumes refined wheat and rice products, sugary foods, and drinks are the results of high insulin levels.

The food products like maida, milled wheat flour, and polished rice preparations produce high blood sugars within a matter of 30-45 minutes of ingestion. In contrast, high fiber grains like millets and sorghum provide lower blood sugars that do not peak until 2-3 hours and stay low and sustained for a few hours. The millets, therefore, keep the body supplied with glucose energy for a longer time as compared to wheat and rice. At the same time, lower glucose and insulin levels following millet consumption minimize appetite and fat accumulation.

All the new food & lifestyle diseases such as Obesity, Type2 diabetes, Fatty liver, PCOS (Polycystic ovarian syndrome) in young females, Heart disease, and many more are the result of high blood sugar and high insulin levels. Type 2 diabetes and obesity are raging epidemics in cities of India. The main reason is the lack of adequate fiber in the refined wheat and rice products, which are the staple food of urban Indians