



Nutrient facts of Rice and Roti

Rice and roti (Wheat) are staple food of Indians. Most of the day's calories for a person come from this group. While north Indians prefer roti, the south and the east Indians prefer rice.

Rice and roti have similar nutritional properties. The difference lies in the form in which they are consumed. Roti, made from whole wheat flour, is distinctly different from polished white rice (most preferred nowadays) in its nutritional value. While roti made with atta is a whole grain, white rice is like maida because it is refined.

Nutrients lost during polishing the rice include fibre, plant proteins, essential fatty acids, vitamins and minerals. The key vitamins and minerals include vitamin E (a powerful antioxidant), iron (needed for hemoglobin formation), selenium, zinc, B vitamins including vitamin B6 and folic acid. Rice, from which water has been drained during cooking, is further depleted of its water-soluble vitamins including vitamin B complex. Several disease-protecting non-nutrient components like lignans, tocotrienols, phenolic compounds, phytic acid, tannins and enzyme inhibitors too are lost during polishing.

Roti, made from whole wheat atta, on the other hand is rich in all the above. Compared to roti, polished rice is easier to digest because it converts starch into glucose faster, a phenomena which contributes to the urge to eat more resulting in weight gain and obesity. However, Roti with oil/ghee is equally bad.

Whole grains, being fibre-rich and low-fat, are also a good choice for people who intend to reduce weight.

Source: Portal Content Development Team

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