

Here's how roasted masala papad affects your blood sugar levels

It is advisable to limit portions and make thoughtful choices about accompanying foods and drinks, said Dr Manisha Arora, director, internal medicine, CK Birla Hospital, Delhi

Roasted masala papads are a popular snack and appetiser, packing in the perfect crunch before the main meal. But like any other food, how do these flatbreads made with lentil flour affect our blood sugar levels?

Metabolic health coach Karan Sarin tested this using a CGM. Sarin ate ural dal roasted papad paired with vegetables like onion, tomato, coriander, and chillies. After two hours of having the masala papad, he noted no blood sugar spike. "There is a flatline, which is a great outcome. This papad is extremely thin, and the carb load is pretty low as long as you don't overdo it," said Sarin.

"Papad is healthy if eaten in limited quantities for most people, including diabetics. While roasted papad is better than the fried variety, it should not be consumed daily," said Sumaiya A, clinical dietitian at Fortis Hospital, Kalyan.

That is because while the proteins and fibre from the flour used to make papad can be beneficial, the high sodium content or deep-frying can be harmful, she added.

Dr Manisha Arora, director, internal medicine, CK Birla Hospital, Delhi said that masala papad, by itself, may have very few carbohydrates. "While it does contain refined flour, the sugar content is not very high. However, due to refined flour, masala papad's glycemic index (GI) is high," said Dr Arora.

The critical factor to consider is the portion size. The number of servings we consume determines the amount of refined flour entering our body, which can raise blood sugar levels due to its high GI. Additionally, it is essential to note what we pair it with.

Suppose masala papad is consumed with foods high in fibre and low in GI, such as vegetables or salads. In that case, the overall impact on blood sugar can be minimised, noted Dr Arora.

"However, consuming it alone or in larger portions can lead to a mild to moderate rise in blood sugar levels—approximately 20 to 50 milligrams per deciliter—within the first 30 to 60 minutes after consumption," stressed Dr Arora.

Another essential factor is whether we pair it with drinks or other high-GI foods. For instance, consuming masala papad alongside sugary fizzy drinks or alcohol—both of which are high in empty calories—can significantly spike blood sugar levels, explained Dr Arora.

A post shared by Karan Sarin (@sweetreactions)

As a snack, masala papad can be a reasonable choice if eaten in moderation and paired with high-fibre toppings like onions, tomatoes, or cucumbers. “These additions increase its fibre content and lower overall glycemic impact. To manage blood sugar effectively, it is advisable to limit portions and make thoughtful choices about accompanying foods and drinks,” said Dr Arora.

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