

#HEALTH & FITNESS

Can rice really make you fat, or are we just looking for excuses?

Truth be told, our love for rice knows no bounds. And yet, it is often questioned for its effects on weight gain. So, does eating rice make you fat? Not necessarily. Like any good story, it's all about context.

Rice, primarily composed of carbohydrates, provides about 200 calories per cooked cup, with white rice offering around 45 grams of carbs and very little fat. It is a quick energy source but is often criticised for its high glycaemic index (GI), particularly in its white form, which can cause rapid spikes in blood sugar levels. Carbohydrates that break down quickly during digestion have a higher glycaemic index. So, the relationship between rice

consumption and weight gain is not straightforward and largely depends on the type of rice and overall dietary context.

White rice has been associated with weight gain in some studies due to its high GI, which can lead to increased hunger and overeating. Research published in the International Journal of Obesity suggests a link between high intake of refined grains, including white rice, and obesity.

Conversely, brown rice, a whole grain variant, has a lower GI and provides

more fibre, vitamins, and minerals. Dietary fibre can increase feelings of fullness, potentially leading to lower overall calorie intake. According to a study from Harvard Health Publishing, replacing white rice with brown rice may aid in weight management and reduce the risk of Type 2 diabetes.

The dietary context in our country often involves white rice being consumed with high-calorie foods rich in fats and sugars, which can exacerbate weight gain. The method of preparation, such as frying rice or adding



ghee, can also add significant calories.

Lifestyle factors such as physical activity levels, overall dietary habits, and socio-economic conditions play crucial roles. Urbanisation and sedentary lifestyles have led to higher obesity rates in urban areas compared to rural settings, where physical labour is more common.

So, to answer the question: eating rice does not inherently lead to weight gain. The type of rice, the overall dietary context, and individual lifestyle choices play decisive roles in its impact on body weight.

By Ayman Anika
Photo: Collected

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Don't let your emotions interfere with your efficiency. You should be promoting your ideas. Children will be of major concern. Your lucky day this week will be Saturday.



TAURUS
(APR. 21-MAY 21)

Opportunities for new friendships are apparent. You're in the mood to spend time with your lover. Don't let work interfere with your personal life. Your lucky day this week will be Saturday.



GEMINI
(MAY 22-JUN. 21)

Tempers will mount. Your devotion will be persuasive. Concentrate on your career and on making money. Don't gossip. Your lucky day this week will be Saturday.



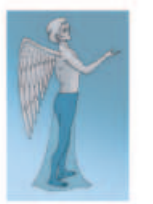
CANCER
(JUN. 22-JUL. 22)

Opportunities to learn will surface. Heed the advice given by family. You will feel the limitations if you have been overdoing it. Your lucky day this week will be Thursday.



LEO
(JUL. 23-AUG. 22)

You may be in an extremely passionate mood this week. Don't be critical. You will be accident-prone if you are not careful this week. Your lucky day this week will be Thursday.



VIRGO
(AUG. 23-SEP. 23)

You will be relentless when it comes to getting yourself back into shape. Relatives may play an important role in your life. Your lucky day this week will be Sunday.



LIBRA
(SEP. 24-OCT. 23)

You will find it easy to charm people. Wait and get all the information. You will have to make changes in order to eliminate the tension. Your lucky day this week will be Saturday.



SCORPIO
(OCT. 24-NOV. 21)

Be quiet about your intentions. Opportunities for partnerships are present. You will be misinterpreted if you are not careful. Your lucky day this week will be Thursday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Be cautious. Don't let criticism upset you. Hassles will delay your plans. Take your time before making personal decisions. Your lucky day this week will be Tuesday.



CAPRICORN
(DEC. 22-JAN. 20)

You are on to something tangible. Avoid emotional confrontations. Social events should be the highlight of your day. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

If you're in the mood, socialise. Don't be too eager to spend money. Make plans to meet again in the near future. Your lucky day this week will be Thursday.



PISCES
(FEB. 20-MAR. 20)

Don't let jealous friends put you down. Abrupt action will cause difficulties with relatives. Do not get involved in joint financial ventures. Your lucky day this week will be Sunday.



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