

Scientists create diabetic-friendly bread

Bread is a popular breakfast option,

but most types are unsuitable for diabetics as the bread is digested rapidly, causing a sudden spike in blood sugar levels. Eating too much bread could raise the risk of obesity and associated diseases such as type II diabetes for normal people.

A team from the National University of Singapore has formulated a recipe for healthier bread by adding a natural plant pigment, called anthocyanin, extracted from black rice. This new bread is digested at a slower rate and is high in antioxidants, and could prove a healthier option.

Anthocyanins are naturally occurring pigments in fruit and vegetables such as blueberries, and are responsible for the orange, red,

violet and blue colours observed in nature. Anthocyanins are rich in antioxidant properties and can reduce blood glucose levels.

The researchers said this is the first study in which anthocyanin extract has been incorporated into bread, opening up the possibility of creating other diabetic-friendly and healthy food products.